Fast Fried Rice

6 to 8 servings

Now you can make one of everybody's favorite "Chinese restaurant" dishes in your own kitchen–and it's such a snap!

- 4 to 5 tablespoons vegetable oil
- 1 bunch scallions, sliced on an angle, about ¼ inch thick
- 2 teaspoons curry powder
- ¼ teaspoon garlic powder
- 2 teaspoons salt
- 8 cups cooked rice

In a large saucepan, heat oil; sauté scallions quickly, just until warm. Stir in the remaining ingredients; continue cooking just until heated through.

NOTE: For color and flavor variety you can add chopped cooked scrambled egg, diced cooked green pepper or broccoli stems, or diced cooked chicken or ham. Enjoy it your own way!

Garlic Roasted Potatoes

6 to 8 servings

These are one better than just regular baked potatoes because they are more homemade tasting!

- 2½ to 3 pounds small potatoes, rinsed and quartered (skins on)
- ¼ cup olive oil
- 1 head garlic, sliced in half crosswise and separated
- ½ teaspoon salt
- ½ teaspoon pepper

Preheat oven to 450°F. Place potatoes in a 9" × 13" baking dish. Cover the potatoes with the oil, garlic, salt, and pepper; mix to coat potatoes. Bake for 50 to 60 minutes, turning occasionally, until golden brown. Discard garlic before serving.

NOTE: This works just as well with regular-sized potatoes as it does with the little creamer type. Just cut them into large chunks.

Lyonnaise Potatoes

about 4 servings

Here's that "everybody's family favorite"–potatoes and onions together. Mama had to play referee in our house 'cause we'd fight to get the crispy ones!

- ¼ cup vegetable oil
- 1 large onion, chopped
- 1½ pounds boiled peeled potatoes, cooled and cut into thick slices
- ¼ cup chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon pepper

In a large nonstick skillet, heat the oil. Add the onion and potatoes and sauté over medium heat for about 20 to 25 minutes or until golden brown. Remove from heat and add parsley, salt, and pepper; mix well. Serve immediately.

NOTE: These potatoes are so versatile that they can be served with anything from Chicken Kiev to a hamburger to an omelet!

Pasta

Whether it's called pasta or noodles or crisp-fry or whatever, it's what Mama would serve in some shape or form at most every meal. That's because it was an inexpensive way to fill up our plates and our appetites.

And, is it easy! Just boil it and that's it. It goes with everything, too. It's only recently that we found out about pasta being such a great energy food. Even more reason to be creative in finding new ways to enjoy it.

Try it in any form you want. Develop your own favorites. It easily becomes every country, region, neighborhood, and family. There are no rules, except that every time you have pasta you'll hear lots of OOH it's so GOOD!!™

Pasta Pedro 165
Better Baked Ziti 166
Quick Homemade Macaroni and Cheese 167
Ziti with Broccoli 168
Reuben Macaroni Salad 169
Creamy Italian Pasta Salad 170
Noodles Pennsylvania Dutch Kluski 171
Cheesy Noodles Italian Style 172
Seashore Fettuccine 173
Garden Pasta 174
Easy Pasta with Veggies 175
Orzo Casserole 176
Sesame Noodles 177
Noodle Kugel (Pudding) 178
Plate of Pasta 179
Roasted Peppers and Pasta 180
Stuffed Shells 181
Tex-Mex Lasagna 182

Pasta Pedro

8 servings

This is like a Tex-Mex version of Fettuccine Alfredo, but it's faster and easier and more exciting and no-fail! It takes only minutes, so I'm always ready for whoever and whatever.

- 1 pound uncooked fettuccine noodles
- 6 tablespoons margarine
- ⅔ cup picante sauce
- ⅔ cup grated Parmesan cheese
- 1 cup sour cream
- ¼ teaspoon salt
- Chopped fresh parsley for garnish

In a large pot of boiling water, cook noodles until tender; drain and set aside in a large bowl (keep noodles warm). Meanwhile, in a saucepan, combine margarine, picante sauce, and Parmesan cheese; cook over low heat, stirring, until margarine melts. Remove from heat; stir in sour cream and salt. Pour picante sauce mixture over warm fettuccine noodles and toss. Sprinkle with parsley and serve.

NOTE: Any kind of pasta will work. You can also add broccoli or cooked chopped chicken or pepperoni for a whole-meal treat.

Better Baked Ziti

about 8 servings

Sounds like it's old-fashioned difficult but it's really one of the easiest (and least expensive) ways to feed a whole gang. They'll love it this way 'cause for some reason this one seems richer and smoother than the regular ones. And look, five simple ingredients!

- ½ pound ziti
- 1 container (15 ounces) ricotta cheese
- 3 cups (12 ounces) shredded mozzarella cheese, divided
- 3 cups bottled spaghetti sauce, divided
- ½ cup grated Parmesan cheese

Preheat oven to 350°F. In a large pot, cook ziti in boiling water until just barely tender; drain and place in a large bowl. Mix the ricotta cheese and half the mozzarella cheese with the ziti. Grease a 9" × 13" baking pan; cover bottom of pan with half the spaghetti sauce. Spoon the ziti mixture into the pan; cover with the remaining spaghetti sauce. Sprinkle with the Parmesan cheese and top with the remaining mozzarella cheese. Bake for 20 to 30 minutes or until cheese melts and is lightly golden.

NOTE: I especially like the new hearty-style prepared spaghetti sauces with this and when I don't have ziti-shaped pasta on hand, I simply substitute other shapes.

Quick Homemade Macaroni and Cheese

4 servings

Today most of us think macaroni and cheese only comes in all-in-one boxes, but we can sometimes make it better with what's right in the house. It's just as easy and yet so much more homey than the boxed versions.

- ½ pound elbow macaroni
- ½ cup milk
- 1 cup (about ½ pound) diced Cheddar cheese or cubed processed cheese spread (like Velveeta®)
- ¼ teaspoon dry mustard
- ¼ teaspoon salt
- Dried basil, oregano, or chili powder to taste (optional)

In a large pot of boiling water, cook macaroni until just tender. Meanwhile, in a small saucepan, heat milk and cheese together over medium heat until cheese melts; add remaining ingredients. Drain macaroni, then place it in a deep bowl. Toss the macaroni with the cheese mixture and serve.

NOTE: You can use a flavored cheese or even add a sprinkle of your own favorite spice. For a heartier dish, you can add some diced bologna or pepperoni.

Ziti with Broccoli

about 8 servings

Pasta is really popular these days and so is old-fashioned, down-home taste. Well, here's a simple restaurant version that has it all!

- 1 pound ziti
- 2 tablespoons olive oil
- 2 garlic cloves, crushed
- 2 packages (10 ounces each) frozen chopped broccoli, thawed and well drained
- 1 cup grated Parmesan cheese
- 4 cups heavy cream
- 2 cups (8 ounces) shredded mozzarella cheese

Preheat oven to 350°F. In a large pot of boiling water, cook ziti until just barely tender; drain pasta, place in a large bowl, and set aside. In a skillet, heat the olive oil over medium heat and sauté garlic until lightly browned, about 1 minute. Combine garlic, broccoli, Parmesan cheese, and heavy cream with ziti; spoon mixture into a large baking dish. Top with mozzarella cheese and bake, covered, for 20 to 30 minutes or until heated through.

NOTE: You can cut the "heavy" of the cream by substituting 4 cups half-and-half or 2 cups cream with 2 cups milk for the 4 cups heavy cream.

Reuben Macaroni Salad

about 6 servings

These days, salads are more popular than ever before. And the right salad can be the whole meal–while it gets us out of the kitchen fast. Not a bad idea, eh? Especially when the salad tastes like a six-course meal, just like a Reuben sandwich does!

- 1½ cups elbow, ditalini, or twist macaroni
- ½ pound cooked corned beef, diced
- 1 cup (4 ounces) shredded Swiss cheese
- 1 can (16 ounces) sauerkraut, drained
- ½ teaspoon caraway seed
- ⅔ cup bottled Russian dressing
- 2 tomatoes, cut into wedges for garnish (optional)

In a large pot of boiling water, cook macaroni until tender; drain and cool. In a large bowl, combine the corned beef, cheese, sauerkraut, caraway seed, and Russian dressing. Add cooked macaroni and toss thoroughly. Serve with tomato wedges, if desired.

NOTE: If you don't like sauerkraut, drained coleslaw works just as well. Also, you can make your own Russian dressing by mixing ½ cup mayonnaise with 3 tablespoons ketchup.

Creamy Italian Pasta Salad

3 cups

This pasta salad is just the thing for a cheery side dish or a light main dish.

- 1½ cups uncooked twist pasta
- 1 cup mayonnaise
- 2 tablespoons red wine vinegar
- 1 garlic clove, minced
- 1 tablespoon chopped fresh basil or 1 to 2 teaspoons dried basil
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup quartered cherry tomatoes
- ½ cup coarsely chopped green bell pepper
- ½ cup chopped ripe olives

In a large pot of boiling water, cook pasta until tender; rinse with cold water and drain. Meanwhile, in a large bowl, combine mayonnaise, vinegar, garlic, basil, salt, and black pepper. Add pasta, cherry tomatoes, green pepper, and olives; toss to coat well. Cover and refrigerate until ready to use. Serve chilled.

NOTE: Feel free to add other colorful veggies, like cut-up carrots or red onion or whatever you have on hand.

Noodles Pennsylvania Dutch Kluski

8 to 10 servings

This is one of those dishes that brings you back to the good old days from the very first taste–but it's today-easy to make! That's probably why my cousin still makes it as a side dish once a week. (And the family looks forward to it.)

- 1 pound egg noodles
- 2 packages (10 ounces each) frozen chopped spinach, thawed and well drained
- 1 stick (½ cup) margarine, melted
- 1½ cups milk
- 3 eggs, beaten
- 2 packages (1 2-ounce box) onion soup mix
- ½ cup grated Parmesan cheese

Preheat oven to 350°F. In a large pot of boiling water, cook noodles until tender; drain. In a large bowl, mix all ingredients together. Coat a 9" × 13" baking dish with nonstick vegetable spray; place noodle mixture in baking dish and cover tightly. Bake for 40 to 45 minutes or until slightly golden around the edges.

Cheesy Noodles Italian Style

6 appetizer or 4 main-dish servings

What's easy, inexpensive, and delicious? If you guessed Cheesy Noodles Italian Style, you guessed right! And here's the way.

- 1 pound pasta or egg noodles
- 4 tablespoons (½ stick) butter or margarine
- ¼ cup olive oil
- 1 cup finely chopped fresh basil
- 4 garlic cloves, finely chopped
- ¾ cup grated Romano or Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon crushed red pepper

In a large pot of boiling water, cook pasta just until tender. Drain, place in a large bowl, and set aside (keep warm). In a skillet, heat the butter and olive oil; add the basil and garlic and sauté for 1 to 2 minutes. Add the basil and garlic mixture and remaining ingredients to the pasta and mix. Serve hot.

NOTE: Some French or Italian bread would go great with this dish. Just think of the dunking possibilities!

Seashore Fettuccine

3 to 4 servings

The greatest part about this dish is that you can use whatever seafood is brought home–whether it was caught or bought. And it makes you feel like it's summertime at the beach. Summer or not–enjoy!

- 1 pound fettuccine noodles
- 1 stick (½ cup) butter or margarine
- 1 small onion, diced
- 12 ounces fresh or frozen, whole or broken shrimp, thawed
- ¼ teaspoon dried basil
- ⅛ teaspoon crushed red pepper
- ½ teaspoon salt
- Pinch black pepper
- 1 can (8 ounces) tomato sauce
- 1 container (8 ounces) heavy cream
- ½ cup grated Parmesan cheese

In a large pot of boiling water, cook pasta until tender; drain, place in a large bowl, and set aside. In a large skillet, melt butter; add onion, shrimp, basil, red pepper, salt, and black pepper. Sauté for about 2 minutes, then add the tomato sauce and heavy cream. Bring to a boil. Simmer until sauce is creamy, about 3 minutes. Add sauce and Parmesan cheese to pasta; mix and serve.

NOTE: This also tastes great with imitation crabmeat or scallops.

Garden Pasta

3 to 4 servings

Everybody likes pasta–pasta for lunch, pasta for dinner. It's popular because it's delicious and it goes with anything, anytime. This is a real 90's dish that takes just minutes to prepare–but it still has all of Mama's old-time long-cooked tastes.

- 1 jar (6 ounces) marinated artichoke hearts, undrained
- ½ cup finely chopped onion
- 1 garlic clove, finely chopped, or ½ teaspoon bottled chopped garlic
- 2 cups diced fresh tomatoes
- ½ teaspoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon dried basil
- ½ pound egg or spinach noodles or linguine
- ⅓ cup grated Parmesan cheese
- 4 tablespoons (¼ cup) butter or margarine, softened

Drain liquid from artichoke hearts into a large skillet. Cut larger artichoke hearts in half and set aside. Add onion and garlic to skillet; simmer over a low heat until softened. Add tomatoes, Italian seasoning, salt, and basil; cover and simmer for 10 minutes. Uncover and continue cooking until sauce thickens slightly, about 10 minutes more. Add artichokes and simmer for a few minutes longer. Meanwhile, in a large pot of boiling water, cook noodles just until tender; drain and toss with Parmesan cheese and softened butter. Serve pasta with the artichoke sauce.

NOTE: Before serving, sprinkle with extra Parmesan cheese, if desired. For a fresh garden flavor, try adding some shredded zucchini or fresh scallions.

Easy Pasta with Veggies

about 6 side-dish servings

We've become so used to fresh and frozen vegetables that we've almost forgotten how handy and down-home tasting canned veggies can be. After all, most of us grew up with canned vegetables 'cause Mama used a lot of them. Today, canned veggies are better than ever–less salty, crisper, fresher tasting, plus there are more varieties. This easy recipe gives us that "yesterday" taste better than ever. And it's still mostly "right off the shelf."

- 12 ounces (¾ pound) twist pasta (about 6 cups uncooked)
- ¼ cup olive oil
- 1 large red bell pepper, seeded, halved lengthwise, and cut into thin strips
- 2 teaspoons minced garlic
- 1 can (16 ounces) mixed vegetables, drained
- 2 tablespoons dried basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup grated Parmesan cheese

In a large pot of boiling water, cook pasta until tender; drain and return to pot to keep warm. Meanwhile, in a large skillet, heat olive oil until moderately hot; add the red pepper and garlic and sauté for 2 minutes, or until crisp-tender. Stir in the drained mixed vegetables, basil, salt, and black pepper; cook for 2 minutes more to heat through. In a large bowl, toss vegetable mixture with pasta and Parmesan cheese and mix well.

NOTE: You can use thawed frozen veggies if you like, but canned is sometimes easier, handier, and quicker.

Orzo Casserole

about 10 servings

This is a casserole that's the perfect go-along to any picnic or party because it goes along with whatever we're serving it with. And, to start with, everybody loves pasta, so we automatically win.

- 2 tablespoons butter or margarine
- 1 garlic clove, minced, or ½ teaspoon bottled garlic
- 1½ cups orzo or Rosa Marina pasta
- 1 envelope (1 ounce) onion soup mix
- 3¼ cups water
- 1 package (12 ounces) mushrooms, sliced (about 4 cups)
- ¼ cup chopped fresh parsley

In a large saucepan, melt butter over medium heat; add garlic and pasta and cook, stirring constantly, for about 2½ minutes or until golden. In a large bowl, combine onion soup mix with water; add to pasta mixture. Bring to a boil, then reduce heat and simmer, covered, for 10 minutes. Add mushrooms (do not stir); simmer, covered, for 10 minutes more. Stir in parsley. Place mixture in a serving bowl or casserole dish and let stand for 10 minutes or until liquid is absorbed. Serve.

Sesame Noodles

3 to 4 servings

Ya know those Oriental noodles that are served as a side dish in Chinese restaurants? Everybody wants to make them at home. Well, you can, easily! And get ready to hear a lot of cheers when you serve them!

- 1 pound pasta (your favorite type)
- 1 box (6 ounces) frozen pea pods, thawed
- 2 red bell peppers, diced
- 1 cucumber, peeled, seeded, and diced
- 6 scallions, chopped

SESAME DRESSING

- ¼ cup sesame oil
- ½ cup peanut or vegetable oil
- ¼ cup soy sauce
- 2 tablespoons lemon juice
- ½ teaspoon ground ginger
- 2 garlic cloves
- 6 scallions, chopped
- ¾ cup chunky peanut butter

In a large pot of boiling water, cook pasta until tender; cool under running water and drain. Meanwhile, thoroughly blend all Sesame Dressing ingredients in a blender or food processor. Toss pasta with pea pods, red peppers, cucumber, scallions, and about 1½ cups Sesame Dressing.

NOTE: Serve as a side dish or a salad. Topped with grilled chicken or steak, it's a perfect main course. If you make the Sesame Dressing in advance or want to save the extra, it will keep for up to a week in the refrigerator. The recipe will yield about 2 cups dressing.

Noodle Kugel (Pudding)

15 to 18 servings

This one will have you daydreaming about the good old days. You'll find yourself going back for seconds (and maybe even thirds!). This pudding was a standard in the old neighborhood, and everybody had their little secret touch with it. So, use yours, too. It all works!

- 1 pound egg noodles
- 2 tablespoons vegetable oil, divided
- 8 eggs, slightly beaten
- 1 container (16 ounces) cottage cheese
- 1 container (16 ounces) sour cream
- 1 can (20 ounces) crushed pineapple
- 1½ cups sugar
- Pinch of salt
- 2 teaspoons vanilla extract

Preheat oven to 350°F. To a large pot of boiling water, add 1 tablespoon oil and cook noodles until just tender, 5 to 7 minutes (do not overcook); drain and place in a large bowl. Add remaining oil to noodles, then add remaining ingredients and mix. Place noodle mixture in a 9" × 13" glass baking dish that has been coated with nonstick vegetable spray. Bake for 1¾ to 2 hours, uncovered, or until set and lightly browned and crisp.

NOTE: Vary the amounts of sugar, salt, and vanilla extract according to your own personal taste.

Plate of Pasta

3 to 4 servings

While rediscovering all those flavors of years ago, we've been finding out why Mama and Grandma made pasta so often–because it was so easy and delicious. (I'm sure that low cost had a lot to do with it, too.)

- ¼ cup olive oil
- 1 large onion, chopped
- 2 teaspoons minced garlic
- 1 box (10 ounces) frozen chopped broccoli, thawed
- 1 can (10½ ounces) chicken broth
- ½ cup chopped fresh parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 pound linguine or spaghetti

In a large pot of boiling water, cook pasta until tender. Meanwhile, in a large saucepan, heat olive oil; sauté onion and garlic until softened. Add broccoli, chicken broth, parsley, oregano, basil, salt, and red pepper. Simmer for 5 to 10 minutes and serve over pasta.

NOTE: If you want an instant white clam sauce, just add a can or two of chopped clams with the chicken broth. You can even add slices of cooked chicken or pepperoni for a new taste treat.

Roasted Peppers and Pasta

4 to 5 appetizer or 3 main-dish servings

Maybe we can't have summertime peppers all year at summertime prices, but we can have them at an affordable price if we buy them canned or jarred. Of course, they're not crunchy like fresh peppers, but they have a lot of good points and we can use them a lot of tasty ways. For instance, this is as homestyle-Italian as we could ever get.

- ½ pound linguine or spaghetti
- ¼ cup vegetable oil
- 4 garlic cloves, minced
- 4 jars (7¼ ounces each) roasted peppers, drained and coarsely chopped
- ¼ cup coarsely chopped pimiento-stuffed green olives
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon black pepper

In a large pot of boiling water, cook pasta until tender. In a large skillet, heat olive oil; sauté garlic just until soft. Add the remaining ingredients, except pasta, and stir-fry for about 10 minutes, until mixture is warmed through and well blended. Serve over pasta.

NOTE: Top with grated Parmesan cheese, if desired. For a different flavor, try adding a little cream or cooked sausage or anchovies or ricotta cheese, whatever you like!

Stuffed Shells

6 to 8 servings

There's nothing that gets the mouth watering more than a good old-fashioned Italian meal. Here's one that your family or company will applaud you for.

- 35 to 40 large pasta shells (12-ounce package) or 14 manicotti (8-ounce package) for stuffing
- 1 container (32 ounces) ricotta cheese
- 3 cups (12 ounces) shredded mozzarella cheese, divided
- ½ cup plus 2 tablespoons grated Parmesan or Romano cheese
- 2 eggs, beaten
- 1 tablespoon chopped fresh parsley
- 1 garlic clove, crushed
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 cups spaghetti sauce, divided

Preheat oven to 350°F. In a large pot, bring salted water to a boil; add pasta. Return to a boil, then continue cooking for 5 to 6 minutes more, until pasta is just barely tender. Drain, cover with cold water, and drain again. In a large bowl, mix together the ricotta cheese, 2 cups of the mozzarella cheese, the ½ cup Parmesan cheese, eggs, parsley, garlic, salt, and pepper. Pour ½ cup spaghetti sauce onto bottom of each of 2 lightly greased 8-inch square glass baking dishes. Fill each shell or manicotti generously with cheese mixture, about 1 tablespoon in each shell. Place filled pasta in baking dishes. Pour 1 cup spaghetti sauce over each baking dish of pasta, then top each baking dish with ½ cup shredded mozzarella and 1 tablespoon Parmesan. Bake for 40 to 45 minutes, until lightly golden. Let set for 10 minutes before serving.

NOTE: An easy, efficient way to fill the pasta is to place the cheese mixture in a large resealable plastic storage bag with a corner snipped off; squeeze the filling into the pasta, using the storage bag like a pastry bag.

Tex-Mex Lasagna

about 6 servings

An all-time favorite Italian dish with a little twist of novelty can give us that great up-to-the-minute Tex-Mex flavor that everybody loves. With the fun and comfort of regular lasagna, this one's just as easy—maybe easier.

SAUCE

1 pound ground beef
½ cup chopped onion
1 cup tomato paste (1 6-ounce can contains about ⅔ cup)
1 cup picante sauce, medium or mild
¾ cup water
1 teaspoon dried oregano
1 teaspoon dried basil

1 cup ricotta or cottage cheese
¾ cup plus 1½ cups shredded mozzarella cheese
½ pound uncooked lasagna noodles

Make sauce by browning the beef with the onion in a large skillet; drain liquid. Add the tomato paste, picante sauce, water, oregano, and basil; mix well and set aside. In a large bowl, combine the ricotta cheese and the ¾ cup mozzarella cheese; set aside. Coat a 7″ × 11″ baking pan with nonstick vegetable spray. Layer ingredients in the pan, as follows: ⅓ cup sauce, half of the uncooked lasagna noodles and half the cheese mixture; repeat the same layers and top with the remaining sauce, then the 1½ cups mozzarella cheese. Cover and refrigerate overnight. The next day, bake in a preheated 350°F. oven for 1 hour or until light golden. Remove from oven and let stand for 20 minutes for easier serving.

Veggies

Remember Mama saying, "Eat your vegetables, they're good for you"? She must have known something! And lots of times she had to serve us veggies from a can. That was because we didn't have the growing and transportation systems we have now.

Then came frozen vegetables and we couldn't believe our good fortune! How lucky we were to be enjoying broccoli, cauliflower, corn, peas, and asparagus that were so close to fresh-from-the-garden. The same with cabbage, carrots, potatoes, and beets; they could now come from our freezers, ready to use, rather than shriveled from cold storage.

And today we can have all types of good-quality vegetables reasonably and abundantly all year 'round. The quality of canned and frozen vegetables is better than ever.

Sure, in-season fresh veggies will always be the most luscious and desirable, and no longer are we limited to only those grown in our own locality. Today our markets offer us California artichokes alongside Michigan potatoes, New York onions, Texas melons, and Florida limes and starfruit. WOW!! How our neighborhood has grown! That's a boon to our increasing interest in health, too.

more versatile than ever, Mama would surely say, "Eat *more* of your vegetables—they're *really* good for you!"

Vegetable Cheese Bake 185
Skillet Beans 186
Noah's Squash 187
Crispy Onion Rings 188
Bell Pepper Hash 189
Broccoli Casserole 190
Veggies Roma 191
Summer Picnic Salad 192
Garden Loaf 193
Green Bean Bake 194
Broccoli Italiano 195
Onion Cheese Casserole 196
Easy Corn Fritters 197
Health Salad 198
Country Coleslaw 199
Herbed Vegetable Medley 200
Sweet Onion Stir-Fry 201
Sunday Night Corn Pudding 202
Belgian Sprouts 203
Stuffed Tomatoes 204
Chopped Broccoli Casserole 205
Stewed Zucchini and Tomatoes 206
Every Mama's Favorite Cucumber Salad 207
California Casserole 208
Fresh Throw-Together Salad 209

Vegetable Cheese Bake

about 12 servings

This is the perfect way to enjoy your veggies crunchy but still with those long-cooked-tasting juices. It's so cheesy-rich and mellow.

- ¼ cup vegetable oil
- 2 medium-sized baking potatoes, peeled and cubed
- 1 medium-sized zucchini, cut into ¼-inch slices (about 4 cups)
- 1 large onion, quartered and cut into ½-inch pieces
- 2 medium-sized green bell peppers, cut into ½-inch slices
- ½ pound mushrooms, cut into ½-inch slices (about 3½ cups)
- 3 garlic cloves, minced
- 4 cups (16 ounces) shredded mozzarella cheese for topping

SAUCE

- 1½ cups mild barbecue sauce
- ½ cup Burgundy wine
- ½ cup water
- 1 teaspoon dried thyme
- ¼ teaspoon black pepper

In a large skillet, heat oil until moderately hot; sauté potatoes, zucchini, onion, green peppers, mushrooms, and garlic for 3 to 5 minutes; set aside. In a large saucepan, combine all sauce ingredients and simmer for 10 minutes. Add sautéed vegetables to sauce and simmer for another 10 minutes; keep warm. Preheat oven to 350°F. Spoon vegetable/sauce mixture into a 9" × 13" glass baking dish and sprinkle with mozzarella cheese. Bake for 15 to 20 minutes or until cheese is bubbly and lightly golden.

Skillet Beans

8 servings

Want a veggie dish that tastes like a meal right from the chuck wagon? Here it is! It goes with any outdoor party or, come to think of it, any indoor party, also.

- 1 onion, thinly sliced
- 2 tablespoons butter
- 1 can (16 ounces) pork and beans or vegetarian beans
- 1 can (15 ounces) garbanzo beans, drained
- 2 packages (9 or 10 ounces) frozen green beans, thawed
- ¾ cup bottled barbecue sauce
- 1 cup (4 ounces) shredded Cheddar cheese

In a large skillet, sauté onion in butter for about 5 minutes. Add pork and beans, garbanzo beans, green beans, and barbecue sauce; heat until bubbly, stirring occasionally. Sprinkle with cheese; heat until cheese melts.

NOTE: Sometimes I use white beans or black-eyed peas instead of the garbanzos. Add your own seasonings or even more veggies. It all works.

Noah's Squash

about 8 servings

When zucchini and summer squash are bursting from our gardens all we have to do is "think 2." Use 2 of each here. Or make it anytime with 2 of your in-season favorites. (And it's so easy 'cause it all cooks together.)

- 2 medium-sized zucchini, sliced
- 2 summer squash, sliced
- 2 medium-sized onions, peeled and sliced
- 2 tomatoes, quartered
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- ½ cup green or black olives
- ½ teaspoon salt
- ¼ teaspoon pepper

In a large skillet or wok, combine all ingredients. Cook over medium heat, stirring occasionally, for about 20 minutes or until zucchini and summer squash are tender.

Crispy Onion Rings

6 to 8 servings

Ever wonder how the restaurants make their onion rings so crispy-special? Now you can do it, too.

- 3 or 4 Spanish-type onions
- 3 cups buttermilk or milk
- 1 cup all-purpose flour
- ⅔ cup water
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- 1 tablespoon vegetable oil, plus extra for frying
- 1 teaspoon lemon juice
- ¼ teaspoon cayenne pepper

Peel onions and cut into ⅓-inch slices; separate into rings. Pour buttermilk into large shallow dish; add onion rings and soak for 30 minutes. In a large shallow dish, combine the flour, water, baking powder, salt, egg, the 1 tablespoon vegetable oil, lemon juice, and cayenne pepper; stir until smooth. In a skillet, heat oil for frying on medium-high heat. Remove onion rings from buttermilk and dip into flour mixture; place in skillet and fry in hot oil until golden brown. Drain onion rings on paper towels.

NOTE: If your onions are small, use 4. These rings come out crunchiest when made in an electric skillet, because it's easier to keep the oil at a consistent temperature.

Bell Pepper Hash

6 servings

When peppers are on sale, it makes this hash that much better! And it's perfect for adding that homemade touch to any meal.

- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- 1 cup crumbled fresh bread crumbs
- 1 cup (4 ounces) shredded Cheddar cheese
- ¾ cup milk
- 1 egg, beaten
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Butter or margarine

Preheat oven to 300°F. In a large bowl, combine all ingredients, except butter; pour mixture into a 1-quart baking dish. Dot with butter and bake for 45 minutes or until slightly brown and set.

NOTE: This is a great, easy side dish. For a lighter-style treat, you can use low-fat cheese, 2% milk, a lighter-type bread for bread crumbs, less salt, or even omit the egg yolk.

Broccoli Casserole

6 side-dish servings

Because it's so reasonable and versatile, here's another way to enjoy broccoli. And you've probably got all these ingredients on hand.

- 1 bunch broccoli, trimmed and cut into chunks
- 1 cup (4 ounces) grated Cheddar cheese
- 1 cup mayonnaise
- 1 can (10¾ ounces) cream of mushroom soup, undiluted
- 1 medium-sized onion, minced
- 2 eggs, well beaten
- Seasoned bread crumbs

Preheat oven to 350°F. Boil or steam broccoli for 5 minutes. Meanwhile, in a large bowl, combine the Cheddar cheese, mayonnaise, mushroom soup, onion, and eggs; mix well. Add cooked broccoli to cheese mixture. Pour mixture into a greased 2-quart baking dish. Sprinkle top with bread crumbs and bake for 35 minutes or until lightly golden.

NOTE: You can use 2 packages (10 ounces each) frozen broccoli instead of fresh; just thaw it under cool water, drain it, and add to mixture (there's no need to cook it). You can add some chopped, cooked chicken or turkey to turn this side dish into a hearty main-course dish.

Veggies Roma

4 servings

Having a buffet party or need to prepare a dish to bring to one? This is your ticket to tons of raves.

- ½ cup vegetable oil
- 1 eggplant, cut into 1-inch cubes (about 1½ pounds)
- 1 garlic clove, crushed
- ¼ cup tomato paste (a 6-ounce can contains about ⅔ cup)
- 1 can (14½ ounces) stewed or Italian tomatoes
- 2 cups waxed or green beans
- 1 teaspoon seasoned salt
- 1½ cups fresh bread crumbs
- ½ cup grated Parmesan cheese
- 1 package (6 ounces) mozzarella cheese, sliced

In a skillet, heat oil until moderately hot; sauté eggplant until browned, stirring occasionally. Add garlic, tomato paste, tomatoes, beans, and seasoned salt. Cover and simmer for 15 minutes. Preheat oven to 350°F. Pour half of vegetable mixture into a greased 1½-quart baking dish. Sprinkle with bread crumbs and Parmesan cheese. Cover with remaining vegetable mixture and top with mozzarella cheese slices. Bake for 30 minutes or until cheese melts and browns.

NOTE: Fresh, frozen, and canned beans all work well. If using fresh beans, be sure to cook them first. If using frozen beans, thaw them first. If using canned beans (16 ounces), be sure to drain them before adding to skillet. For a different taste treat, you can add a small chopped onion or other favorite veggies.

Summer Picnic Salad

3 to 4 servings

For that summertime taste anytime, try this colorful sparkler. Let's face it, cucumbers and tomatoes always say "summer."

- 2 cucumbers, sliced*
- 12 cherry tomatoes, halved
- ¼ cup mayonnaise
- ¼ cup sour cream
- 2 teaspoons dried oregano
- 1 teaspoon onion salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder

In a large bowl, combine cucumber slices and tomatoes. In a small bowl, mix together the mayonnaise, sour cream, oregano, onion salt, pepper, and garlic powder; add mayonnaise mixture to vegetables and toss. Serve immediately—"fresh is best!"—or store in refrigerator for up to 2 days.

*NOTE: I like to leave some of the peel on the cucumbers for added color; I just wash them well, then remove strips of peel. You can remove the entire peel, if you prefer.

Garden Loaf

4 to 6 servings

Here's a way to turn your favorite veggie standards into a hearty main dish. It's an all-vegetable version of meat loaf. And it's so simple, you might wanna make two or three so you have them on hand, in the freezer.

- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup shredded carrots
- ¼ cup finely chopped green bell pepper
- 1 cup finely chopped walnuts
- 1 cup bread crumbs
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried dillweed
- ½ cup mayonnaise
- 2 eggs, slightly beaten

Preheat oven to 350°F. Line an 8″ × 4″ loaf pan with foil; grease foil. In a large bowl, stir together onion, celery, carrots, green pepper, walnuts, bread crumbs, salt, black pepper, and dillweed. In a small bowl, stir together mayonnaise and eggs until smooth; stir mayonnaise mixture into vegetable mixture until well mixed. Pour mixture into prepared pan. Bake for 45 to 50 minutes or until lightly browned. Let cool in pan for about 15 minutes, then invert loaf and remove foil. Place right side up on serving platter and serve immediately or store in the refrigerator; reheat before serving.

Green Bean Bake

6 servings

Remember that favorite casserole from the '50s? Well, here it is, and after you taste it again you'll wonder why we ever took a vacation from this standby that was all the rage back then (and getting to be a rage again).

- ½ cup milk
- 1 can (10¾ ounces) condensed cream of mushroom soup
- 1 teaspoon soy sauce
- Dash of pepper
- 4 cups cut fresh green beans, cooked
- 1 can (2.8 ounces) French fried onions

Oven Method: Preheat oven to 350°F. Combine milk, soup, soy sauce, and pepper in a 1½-quart casserole dish. Stir in cooked green beans and half the French fried onions. Bake for 25 minutes or until hot; stir. Top with remaining French fried onions and bake for 5 minutes more.

Microwave Method: Combine milk, soup, soy sauce, and pepper in a 1½-quart microwaveable dish. Stir in cooked green beans and half the French fried onions. Cover with microwaveable lid; microwave on high for 7 minutes or until hot, stirring once during cooking. Top with remaining French fried onions and microwave on high, uncovered, for 1 minute more. Please remember that cooking times may vary slightly depending on the wattage of your microwave.

NOTE: Add cut-up chunks of cooked chicken or turkey and turn it into a whole meal. Instead of cooking fresh green beans, I sometimes use two 9-ounce packages frozen cut green beans or two 16-ounce cans cut green beans.

Broccoli Italiano

3 to 4 servings

Delicious with fresh or leftover broccoli, this can be a side dish or a main dish if served over pasta. And it's so quick and versatile! Yes, you're seeing right . . . just 3 ingredients!

- 1 bunch broccoli (about 1½ pounds), cut into spears
- ⅔ cup Italian salad dressing
- ⅓ cup dry white wine or water

In a large skillet, combine all ingredients. Cover and simmer for 15 minutes or until broccoli is tender.

Onion Cheese Casserole

8 servings

Here's a contest winner that's a rich, smooth, flavorful casserole. It puts homemade taste on your table without any fuss at all.

- 6 large onions, peeled and cut into ¼-inch wedges
- ¾ cup water
- 3 cups (12 ounces) shredded Cheddar cheese
- 1 cup all-purpose flour
- 1 cup chopped scallions
- ½ cup plus ¼ cup grated Parmesan cheese
- 1 garlic clove, minced
- ¼ cup fresh bread crumbs

Place onions and water in a large saucepan. Cover and simmer for 20 to 30 minutes, stirring occasionally, or until onions are tender; drain. Preheat oven to 350°F. In a large bowl, combine the cooked onions, Cheddar cheese, flour, scallions, the ½ cup Parmesan cheese, and garlic. Place onion mixture in a greased 2-quart casserole. In a small bowl, mix together the remaining ¼ cup Parmesan cheese and bread crumbs; sprinkle over onion mixture. Bake for 35 minutes or until top turns golden brown.

NOTE: This is a great side dish for meat, chicken, or fish—whatever you like!

Easy Corn Fritters

about 24 fritters

Great for breakfast, lunch, snacks, or whatever—and always with that down-home taste you'll remember.

- 1 cup all-purpose flour
- 1 cup canned cream-style corn (one 7- to 8-ounce can)
- 1 cup canned whole kernel corn, drained (one 7- to 8-ounce can)
- ½ cup milk
- 1 egg, well beaten
- 1 teaspoon baking powder
- 1 teaspoon vegetable oil
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Butter or margarine for frying

In a large bowl, combine all ingredients, except butter; mix well. In a large skillet, melt butter; drop batter by tablespoonsful onto hot skillet. When bubbles appear, turn and brown on other side. Serve hot.

NOTE: So many toppings go great with fritters—sugar, jam, syrup, applesauce, or cranberry sauce. Serve these with your favorites.

Health Salad

about 8 servings

Most of the time, when we hear the word "health" in a recipe title we chuckle and wonder just how good it could really be, right? But sometimes we're really surprised at the wonderful taste of certain food combinations. Try this surprise!

- 1 small head purple cabbage, shredded (about 8 cups)
- 3 or 4 apples, peeled, cored, and finely chopped
- ½ cup golden raisins
- ½ cup apple juice
- ½ cup mayonnaise
- 1 tablespoon dried dillweed or 2 tablespoons chopped fresh dill

In a large bowl, combine all ingredients. Let stand in refrigerator for at least 2 hours to "marry" the flavors. (Overnight is best!) Store in refrigerator until ready to serve.

NOTE: Serve with a sandwich for lunch or as a dinner "go-along." This will keep in the refrigerator for up to 3 days.

Sweet Onion Stir-Fry

4 to 6 servings

Oh, those sweet spring fresh crunchy "eat-'em-like-an-apple" onions!! What they can do in stir-fry!

- 2 large sweet onions
- 2 to 3 medium-sized zucchini
- 2 to 3 tablespoons peanut oil
- 1 tablespoon sesame seed
- Salt or soy sauce to taste
- Pepper to taste
- Garlic powder (optional)

Peel the onions and slice in half lengthwise; then slice into strips along the grain of the onion, forming strips about ½ inch wide. Wash zucchini and trim away ends. Cut each zucchini in half lengthwise, then cut crosswise into ½-inch slices. In a large skillet or wok, heat peanut oil; sauté onions, zucchini, and sesame seed over high heat, stirring frequently. Cook vegetables until just tender, remove from heat, and add salt and pepper and garlic powder, if desired. Serve immediately.

Sunday Night Corn Pudding

about 6 servings

Here's one of the easiest corn pudding recipes ever. There's really nothing to it but mixing. Is that easy enough!?

- 1 can (17 ounces) cream-style corn
- 1 can (17 ounces) whole kernel corn, drained
- ¼ cup milk
- 3 tablespoons sugar
- 2 eggs, beaten
- 2 tablespoons cornstarch

Preheat oven to 350°F. In a large bowl, mix together all ingredients. Pour mixture into a greased 2-quart casserole. Bake for 70 minutes, until firm and golden.

Belgian Sprouts

about 4 servings

I know a lot of people don't like Brussels sprouts. But if you ever wanna change that opinion, this is the best way to do it. Magnificent! (They won't believe they're sprouts!)

- 3 cups fresh Brussels sprouts (or two 10-ounce boxes frozen sprouts)
- ¼ cup olive oil
- ½ large onion, chopped
- 1 teaspoon dried parsley flakes
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup chicken broth

Cook fresh Brussels sprouts until tender or thaw sprouts if frozen. In a large skillet, heat olive oil; brown sprouts in oil with onion, parsley flakes, garlic powder, salt, and pepper. Add chicken broth and cook until liquid reduces, about 3 to 4 minutes.

NOTE: You can substitute chunks of broccoli or cauliflower for the Brussels sprouts, if you prefer.

Sunday Night Corn Pudding

about 6 servings

Here's one of the easiest corn pudding recipes ever. There's really nothing to it but mixing. Is that easy enough!?

- 1 can (17 ounces) cream-style corn
- 1 can (17 ounces) whole kernel corn, drained
- ¼ cup milk
- 3 tablespoons sugar
- 2 eggs, beaten
- 2 tablespoons cornstarch

Preheat oven to 350°F. In a large bowl, mix together all ingredients. Pour mixture into a greased 2-quart casserole. Bake for 70 minutes, until firm and golden.

Belgian Sprouts

about 4 servings

I know a lot of people don't like Brussels sprouts. But if you ever wanna change that opinion, this is the best way to do it. Magnificent! (They won't believe they're sprouts!)

- 3 cups fresh Brussels sprouts (or two 10-ounce boxes frozen sprouts)
- ¼ cup olive oil
- ½ large onion, chopped
- 1 teaspoon dried parsley flakes
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup chicken broth

Cook fresh Brussels sprouts until tender or thaw sprouts if frozen. In a large skillet, heat olive oil; brown sprouts in oil with onion, parsley flakes, garlic powder, salt, and pepper. Add chicken broth and cook until liquid reduces, about 3 to 4 minutes.

NOTE: You can substitute chunks of broccoli or cauliflower for the Brussels sprouts, if you prefer.

Stuffed Tomatoes

4 servings

These are old-fashioned tasty and new-fashioned easy! They really color up a plate, too.

- 4 large ripe tomatoes
- 4 tablespoons olive oil, divided in half
- 1 medium-sized onion, chopped
- 6 garlic cloves, minced
- 6 anchovies, chopped
- ¼ cup chopped fresh parsley
- ½ cup dry bread crumbs
- 2 tablespoons dry white wine
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Grated Parmesan cheese for sprinkling (optional)

Preheat oven to 350°F. Cut tops off tomatoes; remove the center pulp; set tomato shells aside. Chop the center pulp and set aside, discarding excess juice. In a large skillet, heat 2 tablespoons olive oil; add onion and garlic and sauté just until softened. Add tomato pulp, anchovies, parsley, bread crumbs, wine, remaining olive oil, salt, and pepper; mix well. Fill tomato shells with mixture and place in a greased 8-inch square baking dish. Sprinkle with Parmesan cheese, if desired. Bake for 20 minutes or until cheese is melted and lightly golden.

Chopped Broccoli Casserole

4 servings

This is a hearty dish that's either a great go-along or a meal in itself.

- 1 package (10 ounces) frozen chopped broccoli, thawed
- ½ can (5 ounces) cream of mushroom soup
- ½ cup (2 ounces) grated Cheddar cheese
- ½ cup mayonnaise
- 1 egg
- 1 teaspoon finely chopped onion
- ⅛ teaspoon cayenne pepper (optional)
- ½ cup crumbled cheese snack crackers
- 1 tablespoon butter, melted

Preheat oven to 350°F. Squeeze excess water from thawed broccoli and drain well. Place broccoli in a large bowl; mix in mushroom soup, grated cheese, mayonnaise, egg, onion, and cayenne pepper, if desired. Pour mixture into a 1-quart casserole that has been coated with nonstick vegetable spray. Mix crumbled crackers with melted butter, then sprinkle evenly over top of casserole. Bake for 30 to 35 minutes, until bubbly.

NOTE: You can use chopped asparagus instead of broccoli. Whatever you prefer!

Stewed Zucchini and Tomatoes

4 to 6 servings

This has a wonderful flavor that goes with any meal, and the best part is it'll even make your kitchen smell like Mama's!

- 3 tablespoons vegetable oil
- 3 garlic cloves, finely chopped
- 1 medium-sized onion, coarsely chopped
- 3 tomatoes, seeded and coarsely chopped
- 3 medium-sized zucchini, sliced into rounds
- 1½ to 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

In a large saucepan, heat oil; sauté the garlic and onion until tender. Add the tomatoes and continue cooking until tomatoes soften, about 5 to 10 minutes. Add the remaining ingredients and cook for 15 to 20 minutes more or until zucchini is soft. Serve immediately.

NOTE: This is so easy; it tastes even fresher with fresh basil and parsley if you have them handy!

Every Mama's Favorite Cucumber Salad

about 8 cups

Have a lot of extra fresh cucumbers? Here's a great go-along for any meal. Mama used to throw it together in a jiffy. We can, too.

- 8 cups thinly sliced cucumbers (about 5 cucumbers)
- 1 large onion, thinly sliced
- 1½ cups white vinegar
- ½ cup sugar
- 3 garlic cloves, finely chopped (or 1½ teaspoons bottled chopped garlic)
- 1 tablespoon vegetable oil
- 4 teaspoons salt
- 1 cup water
- ½ teaspoon white pepper
- 3 tablespoons chopped fresh dill (or 1 to 2 tablespoons dried dillweed)

In a large bowl, combine cucumbers and onion; set aside. In a large saucepan, mix together the vinegar, sugar, garlic, oil, salt, and water; bring to a boil, stirring frequently. Pour mixture over the cucumbers and onion; add the pepper and dill and mix well. Keep refrigerated. Serve well chilled.

NOTE: This may be stored in the refrigerator for up to 4 days.

California Casserole

10 to 12 servings

This seems so California trendy (even though it's from "way back when")!

- 4 jars (6 ounces each) marinated artichoke hearts, drained
- 3 packages (10 ounces each) frozen chopped spinach, thawed and drained
- 2 packages (8 ounces each) cream cheese, softened
- ¾ cup milk
- 5 tablespoons butter, softened
- ½ cup grated Parmesan cheese

Preheat oven to 350°F. Grease a 9" × 13" baking dish. Cut up artichoke hearts and arrange in the bottom of the baking dish. Spread spinach on top. In a large bowl, mix together the cream cheese, milk, and butter; dollop cream cheese mixture on top of spinach, then spread carefully with a knife. Sprinkle Parmesan cheese over top. Bake for 30 to 40 minutes or until heated through.

NOTE: If you need to save time, prepare this dish a day ahead, cover, and refrigerate. Before you're ready to serve, bake casserole in a preheated oven and serve hot.

Fresh Throw-Together Salad

4 to 6 servings

This is just mixing together and couldn't be easier! Keep some on hand in the fridge for crunchy snacking.

- 1 bunch broccoli, cut into florets
- 1 head cauliflower, cut into florets
- 1 bunch scallions, chopped
- 1 cup mayonnaise (or to desired moistness)
- ½ cup grated Parmesan cheese
- Salt to taste
- Pepper to taste

In a large bowl, mix together all ingredients and stir to coat broccoli and cauliflower florets. Serve cold, so keep refrigerated. It will keep for up to 2 days.

Breads and Muffins

We're not about to devote the time Mama did to making breads and muffins, not very often, anyway. But we *can* capture those same tastes and textures a lot easier today. We have shortcuts, better equipment, and super mixes that give us lots of help.

A basket of homemade muffins or a rich, moist cake-type bread can make an entire meal taste and feel homemade (even if the rest of the meal is full of our shortcuts). Whether a snack, go-along, or a touch of sweet for dessert, all of these treats can say, "Welcome to our house," "Thank you," or "We fussed a bit 'cause you're special." Yet, they're all so easy!

Wait 'til you see these that were so popular on my TV show. Now, when they're done they don't look or taste easy, so you're guaranteed to find some favorites that you'll make over and over again. Won't blame ya!!

Mighty Muffins 213
Chocolate Zucchini Bread 214
Quick Bread 215
Fresh Apple Cinnamon Muffins 216
Banana Date Bread 217
Holiday Quick Bread 218
Cheese Bread 219
Holiday Corn Bread 220
Blueberry Muffins 221
Texas Corn Bread 222
Date Nut Bread 223
"Quickie" Garlic Bread 224
Hawaiian Pineapple Banana Bread 225
Cranberry Muffins 226

Mighty Muffins

6 muffins

Sometimes one special item on the table will make the whole meal seem special–like these big, big muffins. Not only are they a snap to make, but they'll also make a great conversation piece!

- 1¼ cups all-purpose flour
- 1 cup cornmeal
- ⅓ cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ cup buttermilk powder
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 1 cup water
- 1 egg
- 4 tablespoons (½ stick) butter or margarine, melted
- 1 can (4 ounces) mild chilies, chopped

Preheat oven to 375°F. In a large bowl, mix flour, cornmeal, sugar, baking powder, baking soda, and buttermilk powder. Reserve 2 tablespoons Cheddar cheese; stir remaining cheese into flour mixture and set aside. In a small bowl, blend water, egg, melted butter, and chopped chilies; add to flour mixture. Stir just until lightly blended (batter will be lumpy). Grease 6 6-ounce custard cups; spoon batter equally into custard cups. Top with reserved cheese. Place cups on a cookie sheet or in a shallow baking pan, allowing room between them, and bake for 35 to 40 minutes or until tops are golden. Let cool for about 5 minutes, then remove from cups and serve warm.

NOTE: If buttermilk powder is not available, use 1 cup buttermilk and *omit* the water. Muffin pans will work here also but, depending on the size you use, your yield will vary. Custard cups really work the best.

Chocolate Zucchini Bread

2 loaves

How many times have you wondered what to do with all the zucchini around? Well, here's a "chocolaty" answer to that question! Yes, chocolate. Don't laugh! And boy, does it startle them when you tell them!

- 3 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ¼ cup baking cocoa
- 3 eggs, beaten
- 2 cups grated zucchini (about 1 large)
- 1 cup vegetable oil
- 1 cup chopped pecans
- 1 teaspoon vanilla extract

Preheat oven to 325°F. In a large bowl, mix together the flour, sugar, baking soda, cinnamon, salt, baking powder, and cocoa. In another bowl, combine remaining ingredients. Stir zucchini mixture into flour mixture. Grease well and lightly flour two 9" × 5" loaf pans; divide mixture evenly between the loaf pans. Bake for 1 hour or until wooden toothpick inserted in center comes out clean. Cool for 10 minutes on a rack, then remove from pan. Cool completely before slicing.

Cheese Bread

6 to 8 servings

Got the gang coming over at the last minute? OK, throw some burgers on the grill and make this bread for your everything else, your everything easy. It's so novel compared to everybody else's regulars.

- 1 loaf French bread
- ½ cup (1 stick) butter or margarine, softened
- 1 teaspoon dried dillweed
- 1 cup (4 ounces) grated Cheddar or mozzarella cheese
- 1 garlic clove, crushed, or ½ teaspoon bottled garlic

Slice bread in half lengthwise. In a bowl, combine remaining ingredients and spread on one half of the loaf. Put the bread halves together and wrap in aluminum foil. While cooking your main course, warm on grill (away from the coals) for about 20 minutes or until cheese melts. Slice and serve immediately.

NOTE: For a change, serve grilled hamburgers or chicken breasts on this instead of buns. You can even start with garlic bread and simply add the dill and cheese. To make indoors, heat in a 350°F. oven for about 20 minutes or just until the cheese melts. This can even make a great appetizer!

Holiday Corn Bread

12 servings

The main reason everybody made corn bread years ago was that it was so easy to throw together. Well, it still is, and we can turn that same easy into holiday-fancy if we want!

- 1 cup all-purpose flour
- 1 cup cornmeal
- ½ cup sugar
- ½ cup shredded coconut
- ½ cup finely chopped nuts
- ⅓ cup (5⅓ tablespoons) butter or margarine, softened
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ cup milk
- 1 egg yolk

Preheat oven to 500°F. In a large bowl, combine the flour, cornmeal, sugar, coconut, nuts, butter, baking powder, salt, cinnamon, and nutmeg; mix until it's the consistency of sand. In a small bowl, combine the milk and egg yolk. Make a well in the middle of the cornmeal mixture and add the milk–egg yolk mixture; stir until completely moist. Pour into a greased 8-inch square baking dish. Bake for 15 to 20 minutes or until golden brown and a wooden toothpick inserted in the center of the loaf comes out clean. Cool slightly, then cut into serving-sized pieces.

Blueberry Muffins

16 muffins

Wanna see your family's eyes light up? Wouldn't ya just love to put a basket of blueberry muffins on the Sunday breakfast table? Well, you can–and with no fuss!

- 2½ cups plus 2 tablespoons all-purpose flour
- 2½ teaspoons baking powder
- ¼ teaspoon salt
- 1 cup sugar, divided, plus extra for sprinkling
- 1 cup milk
- 2 eggs, beaten
- ½ cup (1 stick) butter or margarine, melted
- 1½ cups fresh blueberries, washed

Preheat oven to 400°F. In a large bowl, mix the 2½ cups flour, baking powder, salt, and ¾ cup of the sugar. Add the milk, eggs, and butter and mix only until dry ingredients are dampened. Mix the berries with the 2 tablespoons flour and ¼ cup sugar. Fold berries into batter. Spoon batter into greased muffin tins, filling two-thirds full. Sprinkle with sugar and bake for 20 to 25 minutes or until golden and a wooden toothpick inserted in the center of a muffin comes out clean.

Texas Corn Bread

12 to 15 servings

Here's a prize-winning recipe that nobody can ignore and everybody loves. It's not the typical corn bread. It's a pudding-textured corn bread that we use as a side dish 'cause it's so moist and rich. Sure is novel!!

- 1½ cups self-rising cornmeal
- 4 eggs, beaten
- ¾ teaspoon salt
- 1 cup chopped green bell pepper
- 1 cup (4 ounces) grated Cheddar cheese
- 1 cup chopped onion
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1 cup sour cream
- 1 can (17 ounces) cream-style corn
- ½ cup vegetable oil

Preheat oven to 450°F. In a large bowl, mix together all ingredients. Pour mixture into a 9" × 13" baking dish that has been coated with nonstick vegetable spray and bake for 20 to 30 minutes or until a wooden toothpick inserted in the center comes out clean. Remove from oven and cut into serving-sized squares.

NOTE: If self-rising cornmeal is not available, use a mixture of ¾ cup flour, ¾ cup cornmeal, 1 teaspoon salt, and 1 tablespoon baking powder; it will make 1½ cups self-rising cornmeal. The original recipe calls for a stick of butter to be melted and poured evenly over the warm bread before serving. If that sounds good to you, why not give it a try?!

Date Nut Bread

1 loaf

When you have a homemade rich and chewy date nut bread on hand in the fridge or freezer, you can be an instant hero. It's what Mama would make when she wanted to treat us.

- 2 cups chopped pitted dates
- ⅔ cup firmly packed brown sugar
- ½ cup honey
- 2 tablespoons butter or margarine
- 1 cup very hot water
- 1 egg, beaten
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chopped walnuts

In a large bowl, combine dates, sugar, honey, and butter. Add hot water, stir; let stand for 15 minutes. Preheat oven to 325°F. Stir egg and vanilla into date mixture. In a separate bowl, combine remaining ingredients. Stir the flour mixture into the date mixture. Pour batter into a greased 9" × 5" loaf pan and bake for 1 hour or until a wooden toothpick inserted in the center of the loaf comes out clean. Cool in the pan for 10 minutes, then remove from pan and allow to cool completely on a wire rack.

NOTE: This bread is great with breakfast, lunch, brunch, or in your dinner roll basket. And it's even easier if you buy the dates already chopped!

"Quickie" Garlic Bread

4 to 6 servings

Garlic bread is right almost anytime. I like this one 'cause it's plain and simple–and tasty!–and great served with fruit and wine.

1 cup (4 ounces) shredded Cheddar cheese
1 cup grated Parmesan cheese
1 cup mayonnaise
½ teaspoon garlic powder
1 loaf Italian or French bread, split lengthwise

Preheat oven to broil. In a large bowl, combine cheeses, mayonnaise, and garlic powder. Spread mixture on bread and broil for a few minutes, until cheese top is golden brown and bubbly. Slice and serve immediately.

NOTE: Sometimes I get more creative and sprinkle it with some basil, rosemary, or chili powder. Or you can top it with sliced tomatoes, then add a drizzling of a bottled pesto sauce, then a sprinkle of cheese and broil it as above. Mmm . . . Mmm!!

Desserts

Why take time introducing this chapter? There's no need 'cause everybody knows what sweet pangs of ecstasy we get when we envision our favorite desserts, whether they're gooey, full of custard or whipped cream, or rich and laden with fruit and nuts.

From cookies to ice cream pies or smooth cheesecakes, the recipes that follow are all quick as can be, simpler than ever. Some may sound difficult, but they're much easier than Mama's all-day-at-the-stove versions . . . with the same great tastes. Why, some don't take any cooking at all, they're just mixing!

Regardless of the rest of the meal, dessert is what they'll remember 'cause that's what they had last. Desserts can make us the star of the dinner crowd, or any crowd.

Sure, we're more weight-conscious lately. But a small piece of a great dessert can sometimes be just the treat we need for our usual carefulness the rest of the time. You know what you can and can't have. Find something and make it your own. And if you want Mama's tastes (but lots easier), they're here! (Guess I couldn't resist saying something about desserts, after all!)

Fruit Cocktail Cake 229
Soda-Fountain Special 230
Raisin Nut Pie 231
Pineapple Pudding 232
Dump Cake 233
Strawberries Romanoff 234
Strawberries Romanoff Cake 235
Easy Lemon Mousse 236
Fudgy Brownies 237
Two-Tone Holiday Pie 238
"T.L.B.S." (Tastes Like Banana Split) 239
Pumpkin Squares 240
Pumpkin Pie Pudding 241
Impossible Pumpkin Pie 242
White on White Cake 243
Tapioca Pudding 244
Glow Tarts 245
Peach Cookie Sundae 246
Best Cookie Ever 247
Easiest Cheesecake Ever 248
Chocolate Chocolate Chip Cake 249
Cookie Pie 250
Microwave Brownie/Cake/Cupcake Mix 251
Microwave Brownies 252
Microwave Chocolate Cake 252
Microwave Chocolate Cupcakes 253
Mint Cream Pie 254
Apple Spice Custard Cake 255
Yam Banana Pudding 256
New Sweet Potato Pie 257
Brownie Sin 258
Apples in Syrup 259
Cherry Sour Cream Tortes 260
Impossible Cheese Pie 261
Two-Minute Hawaiian Pie 262
Wacky Cake 263
Whipped Chocolate Frosting 264
Irish Potato Candy 265
Tres Leches 266
Summer Ambrosia 267
Genets 268
Zabaglione Tarts with Fresh Berries 269
Cannoli Filling 270
Depression Cake 271
Holiday Honey Cake 272
Easy Coffee Cake 273
Cream Cheese Icing 274
Rugelach 275

Strawberries Romanoff Cake

6 to 8 servings

Here's that Russian twist of orange with strawberries in a smooth cake. What a simple way to rival the fancies!

- 1 plain pound cake
- ¾ cup strawberry preserves
- ½ teaspoon orange extract
- 2 cups frozen whipped topping, thawed (an 8-ounce container is 3½ cups)

Split the pound cake in half lengthwise. In a large bowl, mix the remaining ingredients together. Place about half the strawberry mixture between the 2 layers of pound cake, then cover the cake with the remaining mixture. Serve immediately or chill until ready to serve.

NOTE: If you like, you can garnish the cake with fresh strawberries. If you really feel like splurging, you can use homemade sponge cake, real whipped cream, and other types of berries (depending on the season).

Easy Lemon Mousse

4 to 6 servings

If you're looking for a cool and refreshing dessert, this is it. It's a snap, too!

- 1½ cups heavy cream
- ⅓ cup sugar
- ¼ cup freshly squeezed lemon juice
- 1 teaspoon lemon extract
- Fresh grated lemon peel for garnish (optional)

In a large bowl, beat together all ingredients, except garnish, until mixture starts to mound softly. Spoon into dessert dishes and serve, garnished with grated lemon peel, if desired.

NOTE: For a nice change, try freshly squeezed lime juice and lime extract instead of lemon. Topped with berries, it's a lemon- or lime-berry mousse. Serve with plain cake and it's a mousse cake. You get the picture!

Fudgy Brownies

about 30 servings

No matter how many goodies we make, one of the top favorites is still brownies. These taste like the fudge brownies we remember as kids!

- 2 sticks (8 ounces) butter or margarine, melted
- ¾ cup baking cocoa
- 2 cups sugar
- 4 eggs
- 1 cup all-purpose flour
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 1 package (12 ounces) semisweet chocolate chunks
- 1 cup chopped nuts (optional)

Preheat oven to 350°F. Place melted butter into a large bowl; add cocoa and stir until well blended. Add sugar; mix well. Add eggs, one at a time, beating well after each addition. Add flour, vanilla extract, and salt; stir *just until mixed together.* Stir in chocolate chunks and nuts. Spread batter in a greased 9″ × 13″ baking pan; bake for about 30 minutes or until done. Cool and cut into serving-sized pieces.

NOTE: Semisweet chocolate chips may be substituted for chunks.

Two-Tone Holiday Pie

6 to 8 servings

You don't have to make a mincemeat pie and *a pumpkin pie. Here's the way to serve both of everybody's favorite pies in one!*

- ¾ cup mincemeat (canned or bottled)
- 1 prepared 9-inch graham cracker pie crust
- 1 egg, slightly beaten
- 1 cup canned pumpkin
- ¼ cup orange juice
- ½ cup evaporated milk
- ½ cup sugar
- ¼ teaspoon salt
- ¾ teaspoon ground cinnamon
- Dash of ground ginger

Preheat oven to 350°F. Spread the mincemeat over the bottom of the pie crust. In a large bowl, combine remaining ingredients. Pour mixture over mincemeat and bake for 50 to 60 minutes or until golden. Cool fully before serving.

NOTE: Serve cooled pie with a dollop of whipped cream or whipped topping. You can use a prepared pie shell or make your own, whatever you prefer.

"T.L.B.S." (Tastes Like Banana Split)

10 to 12 servings

If you want to keep a winning treat ready in the refrigerator, here's an easy "make-ahead" dessert.

- 2 cups graham cracker crumbs
- 6 tablespoons butter or margarine, melted
- 2 packages (3.5 ounces each) instant vanilla pudding and pie filling
- 3 bananas, sliced
- 1 can (20 ounces) crushed pineapple in heavy syrup, drained
- 1 container (12 ounces) frozen whipped topping, thawed
- Ground nuts for garnish
- Maraschino cherries for garnish

In a medium-sized bowl, mix together the graham cracker crumbs and butter; pat mixture into a 9″ × 13″ baking dish and set aside. In a large bowl, prepare the pudding according to package directions. Spread pudding evenly over graham cracker crumbs; cover with banana slices, then pineapple and whipped topping. Keep refrigerated; garnish with nuts and cherries just before serving.

NOTE: This is best served firm, so, if possible, refrigerate overnight.

Pumpkin Squares

35 squares

Great for a party, a holiday, or any time you want to have a rich, moist, tasty dessert on hand. Even though pumpkin reminds you of autumn, today it's enjoyable year 'round. (In fact, a dessert like this can be a bigger hit out of season.)

- 2 cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 4 eggs
- 1 can (16 ounces) pumpkin
- 1½ cups sugar
- 1 cup vegetable oil
- 1 teaspoon vanilla extract

Preheat oven to 350°F. In a large bowl, sift or mix together well the flour, salt, baking powder, baking soda, cinnamon, and nutmeg. In another large bowl, beat together the eggs, pumpkin, sugar, oil, and vanilla extract. Gradually add the flour mixture to the pumpkin mixture; beat well. Pour batter into a 9″ × 13″ baking dish that has been coated with nonstick vegetable spray. Bake for 30 minutes or until a wooden toothpick inserted in the center comes out clean. Let cool in pan on a wire rack.

NOTE: Cool completely before covering with whipped topping or your favorite frosting.

White on White Cake

18 to 24 servings

Here's a cake that's as good for snacking as it is for serving at a holiday dinner. Thanks to my friend Ethna for this one. She remembered it from way back.

- 1 box (18.25 ounces) white cake mix
- 1 can (15 ounces) cream of coconut
- 1 container (8 ounces) frozen whipped topping, thawed
- 1 package (12 to 14 ounces) frozen fresh coconut or 1 package (14 ounces) flaked coconut

In a 9″ × 13″ baking pan, bake cake according to package directions. Using a fork, prick holes in baked cake; spoon cream of coconut over it. Cool completely. Spread whipped topping over the cake, then sprinkle on *all* the coconut. Refrigerate any leftover cake.

NOTE: For a special holiday treat, decorate the cake with your own colorful toppings. Cream of coconut is used in tropical drinks as well as in cooking and baking.

Tapioca Pudding

4 servings

Remember when Mama used to make tapioca? It was one of the standards years ago. Well, it's still a popular family favorite, but now it's fast and easy to make.

- 2½ tablespoons small pearl tapioca
- 1 large egg, slightly beaten
- 2½ tablespoons sugar
- ⅛ teaspoon salt
- 1¾ cups milk
- ½ teaspoon vanilla extract

Place the tapioca in a small bowl; add just enough cold water to cover the tapioca pearls. Let soak for 30 minutes; drain. In a saucepan, combine the tapioca, egg, sugar, salt, and milk. Cook over medium heat, stirring frequently, until pudding boils and is thick enough to coat a spoon. (The pudding will thicken further as it cools.) Remove from heat and let stand for 15 minutes, stirring occasionally. Add vanilla extract; mix well. Pour into a large bowl or 4 individual serving dishes and refrigerate until ready to serve.

Glow Tarts

6 servings

Here's a "throw-together" treat that fits not only now, but any time you want an easy way to say, "I made it just for you." And what these do to a holiday buffet table!!

- ½ cup sugar
- ¼ cup (½ stick) butter or margarine, melted
- 2 eggs
- 5 teaspoons all-purpose flour
- 5 teaspoons fresh lemon juice
- 1 package (6 shells) graham cracker tart shells
- 1 golden delicious apple, peeled, cored, and cut into ⅛-inch rings (about 6 slices)

APPLE GLAZE

- 3 tablespoons apple jelly
- 1 tablespoon fresh lemon juice

Preheat oven to 350°F. In a medium-sized bowl, combine the sugar and margarine; mix well. Add the eggs, one at a time, beating well after each addition. Add the flour and the 5 teaspoons lemon juice; mix well. Spoon mixture into tart shells; top each tart with an apple slice. Place tarts on a cookie sheet and bake for 20 minutes or until set. Allow tarts to cool. Meanwhile, combine apple glaze ingredients in a small saucepan; stir over low heat until jelly melts. Top cooled tarts with glaze and refrigerate until ready to serve.

Peach Cookie Sundae

8 servings

This sounds like it's right out of Mama's stay-at-home-all-day cookbook, but there's really nothing to it!

- ¼ cup sugar
- 4 tablespoons cornstarch
- ½ teaspoon ground cinnamon
- ¼ cup light corn syrup
- 5 cups peaches, peeled and sliced (about 2½ pounds)
- 1 package (20 ounces) refrigerator chocolate chip cookie dough, cut into ¼-inch slices

Preheat oven to 350°F. In a large bowl, stir together the sugar, cornstarch, cinnamon, and corn syrup. Add the peaches; mix well. Pour mixture into a greased 8-inch square baking dish and top with cookie dough slices. Bake for about 30 to 40 minutes or until golden brown. Cool before serving.

NOTE: You don't have to peel the peaches if you don't want to—it'll look even more like Mama's old-fashioned best! (This is great topped with ice cream, too!)

Chocolate Chocolate Chip Cake

6 to 10 servings

Everybody loves chocolate, and *everybody loves chocolate chips. Well, here they are together, a winning combination that'll make* you *a winner!*

- 1 box (18.25 ounces) devil's food chocolate cake mix
- 1 large package (5.25 ounces) instant chocolate pudding and pie filling
- 1 cup sour cream
- 1 cup vegetable oil
- 4 eggs, beaten
- ½ cup warm water
- 1 package (12 ounces) semisweet chocolate chips or morsels

Preheat oven to 350°F. In a large bowl, mix together the cake and pudding mixes, sour cream, oil, eggs, and water. Stir in the chocolate chips and pour batter into a well-greased 12-cup Bundt pan. Bake for 50 to 55 minutes or until top is springy to the touch and a wooden toothpick inserted in the center comes out clean. *(Do not overbake.)* Cool cake thoroughly in pan; invert and remove from pan.

NOTE: Serve plain, sprinkled with confectioners' sugar, drizzled with warm icing, or with vanilla or coffee ice cream.

Cookie Pie

6 to 8 servings

Just put out the word that you're gonna make a cookie pie–that's right, a chocolate chip cookie in a butter-flavored crust–and they'll come running!

- 2 eggs
- ⅓ cup all-purpose flour
- ⅓ cup granulated sugar
- ⅓ cup firmly packed brown sugar
- 1 stick (½ cup) butter or margarine, melted and cooled to room temperature
- 1 small package (6 ounces) semisweet chocolate chips or morsels
- ⅔ cup chopped walnuts
- 1 prepared 9-inch butter-flavored pie crust

Preheat oven to 325°F. In a large bowl, beat the eggs with a mixer until foamy. Add the flour and sugars, beating until blended. Blend in butter. Add chocolate chips and walnuts and mix. Pour mixture into pie crust and bake for 1 hour or until golden brown.

NOTE: You can use your own homemade pie crust, if you prefer.

Microwave Brownie/Cake/ Cupcake Mix

7 cups

Here's an all-in-one brownie/cake/cupcake mix that doesn't involve heating up the kitchen, 'cause we use the microwave. Isn't that easy? And with your own mix . . . it's always handy.

- 3 cups sugar
- 2 cups all-purpose flour
- 2 cups baking cocoa
- 1½ teaspoons baking powder

Combine all ingredients in a large resealable plastic bag (or a large bowl); seal bag. Shake or mix until ingredients are thoroughly combined. Store mix in plastic bag or in a tightly covered container. Shake or mix well before using in microwave brownie, cake, or cupcake recipes.

Mint Cream Pie

6 to 8 servings

Here's just the ticket when you're looking for something green and delicious for St. Patrick's Day. But it's not just for the holiday; your leprechauns will be asking for it all year long!

- 6 cups miniature marshmallows
- ¼ cup milk
- ⅓ cup green *crème de menthe*
- 1 teaspoon vanilla extract
- 3 or 4 drops green food color
- 1 container (8 ounces) frozen whipped topping, thawed, or whipped cream
- 1 prepared chocolate-flavored 9-inch pie crust

In a saucepan, combine the marshmallows and milk; cook over low heat, stirring, until marshmallows melt. Remove from heat; cool, stirring every few minutes until partially set. Stir in the liqueur, vanilla extract, and food color; fold in whipped topping and pour into pie crust. Freeze until firm. Before serving, let stand for 10 minutes.

NOTE: Garnish with grated chocolate, if you like.

Apple Spice Custard Cake

12 to 15 servings

Looking for something new and easy to do with apples? Here's a cake that's tangy and sweet at the same time. And it tastes so down-home apple-chunky that nobody even dreams that it starts with a mix!

- 1 box (18.25 ounces) spice cake mix
- 2 medium-sized apples, peeled, cored, and finely chopped (about 2 cups)
- 1 can (14 ounces) sweetened condensed milk
- 1 cup sour cream, at room temperature
- ¼ cup lemon juice
- Ground cinnamon for garnish

Preheat oven to 350°F. Prepare cake mix according to package directions; stir in apples. Pour batter into a well-greased and floured 9″ × 13″ baking dish. Bake for 30 minutes or until a wooden toothpick inserted in center comes out clean. Meanwhile, in a medium-sized bowl, combine sweetened condensed milk, sour cream, and lemon juice. After cake is removed from oven, spread milk-sour cream mixture over top. Return cake to oven and bake for 10 minutes more or until set, like custard. Sprinkle with cinnamon. Cool completely. Store in refrigerator.

Yam Banana Pudding

6 to 8 servings

Years ago, we only had banana pudding when Mama didn't want a couple of overripe bananas to go to waste. Today it's still a favorite, and we can make it whether we have overripe bananas or not!

- 1 cup mashed banana (ripe is best)
- 2 cups peeled, cooked, and mashed sweet potatoes (2 to 3 large or about 1 17-ounce can)
- ½ cup milk
- ½ cup sour cream
- ½ cup orange juice
- ⅓ cup firmly packed light brown sugar
- ¼ cup (½ stick) butter or margarine, melted
- 1 tablespoon grated orange rind
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 4 eggs, separated

Preheat oven to 350°F. In a large bowl, combine all ingredients, except egg whites. In a separate bowl, beat egg whites until stiff; fold them into banana mixture. Pour mixture into a greased 2-quart baking dish. Bake for 1¼ hours or until golden.

NOTE: Serve hot or cold with whipped cream or whipped topping, if you'd like.

New Sweet Potato Pie

16 servings

Nothing is more down-home Americana than sweet potato pie. Think it's hard to make? Not this one! It's so easy. And do they ever rave (and beg for the recipe, too)! It's like a candy pie–yup, that good!!

- 1 package (8 ounces) cream cheese, softened
- 2 eggs, beaten
- ¾ cup sugar
- 2 prepared 9-inch graham cracker pie crusts
- 2 packages (3½ ounces each) instant vanilla pudding and pie filling
- ¾ cup milk
- 2 cups peeled, cooked, and mashed sweet potatoes, (2 to 3 large or about 1 17-ounce can)
- Dash of ground cinnamon
- 1½ cups frozen whipped topping, thawed, divided (an 8-ounce container is 3½ cups)
- ½ cup chopped nuts (optional)

Preheat oven to 350°F. In a medium-sized bowl, mix together well the cream cheese and eggs. Add the sugar and beat until fluffy. Spread mixture into pie crusts and bake for 20 minutes; let cool. Meanwhile, in a large bowl, stir together the pudding mix and milk until smooth and thick. Add the sweet potatoes and cinnamon and mix well; fold in 1 cup whipped topping. Spread sweet-potato mixture on cooled pies. Garnish with remaining ½ cup whipped topping and sprinkle with chopped nuts. Store in refrigerator.

Brownie Sin

8 to 10 servings

Here's a special dessert that doesn't take a lot of work. I bet the kids'll help make it. I know they'll help eat it! (The name helps the eating and the eating helps the name!)

- 1 box (21 to 24 ounces) fudge brownie mix
- 1 can (14 ounces) sweetened condensed milk
- ½ cup cold water
- 1 box (3½ ounces) instant vanilla pudding and pie filling
- 1¾ cups frozen whipped topping, thawed (an 8-ounce container is 3½ cups)
- About 1 quart fresh strawberries, cleaned, hulled, and halved

Preheat oven to 350°F. Grease two 9-inch round layer cake pans. Line with wax paper, extending up sides of pans; grease wax paper. Prepare brownie mix according to package directions for cake-like brownies, then pour mixture into prepared pans. Bake for 20 to 25 minutes or until top springs back when touched; cool. Meanwhile, mix sweetened condensed milk and water in a large bowl; beat in pudding mix. Chill for 5 minutes. Fold in whipped topping. Place 1 brownie layer on a serving plate. Top with half the pudding mixture, then half the strawberries. Add second brownie layer, then remaining pudding mixture and strawberries. Keep refrigerated.

NOTE: You can use frozen berries instead of fresh or chocolate cake mix instead of brownie mix.

Apples in Syrup

4 to 8 servings

Used up all your apple tricks and still want to try something different? Know how everybody loves the sticky syrup you get when you make baked apples? It's here! Mmm . . . Mmm!

- 6 to 8 red cooking apples, peeled or unpeeled
- 4 tablespoons (½ stick) butter or margarine
- ¼ cup sugar
- ¼ cup apple juice or cider
- ¼ teaspoon ground cinnamon

Core the apples and cut them into thin wedges. In a large skillet, heat butter over low heat; add apples, sugar, apple juice, and cinnamon. Cover; simmer for 15 to 20 minutes. Uncover and continue cooking for 5 to 10 minutes more or until apples are glazed and tender, stirring occasionally.

NOTE: This is great served with whipped cream or whipped topping. Remember that the cooking time may vary slightly depending on the type of apple you use.

Two-Minute Hawaiian Pie

6 to 8 servings

Want to stay out of the kitchen at holiday time or when friends drop over? If you have two minutes, just two, you can, and you'll have a dessert to serve that everybody'll love.

- 1 large package (5.25 ounces) instant vanilla pudding and pie filling
- 1 can (20 ounces) crushed pineapple in syrup, undrained
- 1 container (8 ounces) sour cream
- 1 prepared 9-inch butter-flavored pie crust
- Sliced pineapple for garnish
- Maraschino cherries for garnish
- ½ cup flaked coconut for garnish

In a large bowl, combine the vanilla pudding mix, undrained crushed pineapple, and sour cream; mix until well blended. Pour mixture into pie crust. Decorate with sliced pineapple and cherries and sprinkle with coconut. Chill for at least 2 hours before serving.

NOTE: Don't make the vanilla pudding according to package directions; just add the dry instant pudding mix to the other ingredients.

Irish Potato Candy

30 to 36 balls

Years ago, around St. Patrick's Day, a lot of mothers would make this sweet, fresh treat. This recipe is simple, yet just as timely as way back when. Oh, yes, one more thing–there are no potatoes in it!

- ¼ cup (½ stick) butter or margarine, softened
- 4 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 1 box (16 ounces) confectioners' sugar
- 1 bag (7 ounces) flaked coconut (about 2½ cups)
- Ground cinnamon for rolling

In a large bowl, cream together the butter and cream cheese. Beat in the vanilla and confectioners' sugar, then mix in the coconut. Roll mixture between hands to form walnut-sized balls. Roll balls in cinnamon and refrigerate until firm.

NOTE: Use good-quality, regular cream cheese, not whipped or light varieties.

Tres Leches

12 to 15 servings

This sure isn't a diet cake, but when you want that special treat this is it! The name means "three milks," and it's a favorite Hispanic dessert that's becoming very popular throughout the country. There's almost no work and no cooking involved at all here, 'cause this is the shortcut method.

- 1 can (14 ounces) sweetened condensed milk
- 1 can (12 ounces) evaporated milk
- 1 pint half-and-half
- Pinch of salt
- 2 pound cakes (12 ounces each)
- 1 container (8 ounces) frozen whipped topping, thawed

In a large bowl, combine the sweetened condensed milk, evaporated milk, half-and-half, and salt; stir well and set aside. Cut the pound cakes into 6 slices each. Lay slices tightly in the bottom of a 9" × 13" baking dish. Pour milk mixture evenly over the cake slices, cover, and refrigerate for about 2 to 3 hours. Remove from refrigerator and spread whipped topping over cake. Chill for an additional 1 to 2 hours. (There will still be some liquid on the bottom of the pan because this is more like a pudding than a regular cake and should be eaten with a spoon.)

NOTE: It's fine to make your own pound cakes, but store-bought ones really do the job. It's traditional to eat this plain, but go ahead and garnish with fresh berries, other fresh fruit, or your favorite pie filling before serving, if you want.

Summer Ambrosia

4 servings

This isn't a true ambrosia but, like Mama, we can use whatever is available to whip up a special one. Yes, Mama had the knack and so can we when we create a cool and delicious summer treat with in-season items. Nothing's easier!

- 2 cups sliced peaches
- ½ cup blueberries, cleaned
- 1 banana, sliced
- 1 tablespoon fresh lime or lemon juice
- ⅓ cup flaked coconut

In a large bowl, lightly toss together the peaches, blueberries, banana slices, and lime juice. Transfer to serving bowl and chill for at least 30 minutes. Sprinkle with coconut just before serving.

NOTE: For an even more "summery" ambrosia, I sometimes add some nectarines, plums, or mangoes.

Genets

36 cookies

Remember those wonderful Italian cookies made for special occasions like weddings or holidays? They're delicious, and they make any day special. Thanks, Lana!

5 cups all-purpose flour
1 cup granulated sugar
5 teaspoons baking powder
1 cup vegetable oil
1 cup milk
Pinch of salt
2 teaspoons fresh lemon juice
2 eggs

FROSTING

3 cups sifted confectioners' sugar
4 tablespoons (½ stick) butter or margarine, melted
6 tablespoons orange juice
2 teaspoons fresh lemon juice
2½ teaspoons vanilla extract

Rainbow sprinkles for topping

Preheat oven to 350°F. In a large bowl, mix together the flour, sugar, baking powder, oil, milk, salt, 2 teaspoons lemon juice, and eggs. Roll dough into balls (to make 36) and place on cookie sheets coated with nonstick vegetable spray. Bake for about 15 minutes, until set but not brown. Meanwhile, in another large bowl, mix together the frosting ingredients until mixture is smooth and all lumps are gone. Dip tops of cooled cookie balls in frosting, then sprinkle with rainbow sprinkles.

Zabaglione Tarts with Fresh Berries

6 servings

Need a dessert in a hurry? Here's a delicious Italian-style treat that can be made at the last minute and left in the refrigerator while you're having dinner. Now that's what I call easy!

1 cup milk
2 tablespoons Marsala wine
1 package (about 3.5 ounces) instant vanilla pudding and pie filling
½ cup frozen whipped topping, thawed (an 8-ounce container is 3½ cups)
1 package (6 shells) graham cracker tart shells
18 medium-sized fresh strawberries, hulled and halved

In a blender jar, place the milk, wine, and pudding mix; cover and blend on low until well mixed and slightly thickened. Remove to a bowl and fold in whipped topping. Divide filling among 6 tart shells and arrange strawberries on top. Chill until ready to serve.

NOTE: Top with additional whipped topping, if desired. You can also use raspberries or blueberries instead of the strawberries.

Cream Cheese Icing

Enough for one Bundt cake

Even though this goes with almost any cake, it's the perfect topping for Easy Coffee Cake (page 273).

- 1 small package (3 ounces) cream cheese, softened
- 2 tablespoons butter or margarine, softened
- 1 teaspoon fresh lemon juice
- 1 teaspoon milk
- Grated lemon rind
- 2 cups confectioners' sugar

In a bowl, mix together the cream cheese and butter until well blended. Beat in the lemon juice, milk, and grated lemon rind. Gradually beat in the confectioners' sugar until the mixture is of spreading consistency.

Rugelach

5 to 6 dozen

This recipe is of Eastern European origin (but the ice cream part is a new shortcut twist), and it'll give any kitchen that homey, irresistible aroma.

- 1 pound (4 sticks) butter, softened
- 4 cups all-purpose flour
- 1 pint vanilla ice cream, softened
- 1½ cups sugar
- ½ cup finely chopped nuts (any kind)
- ¼ cup ground cinnamon
- About ⅔ cup raspberry jelly
- About 1¼ cups raisins

In a large bowl, cut the butter into the flour. Add the softened ice cream and work it into the mixture with your hands. (Add more flour if necessary to make the dough easier to handle.) Cover and refrigerate dough overnight (it will become hard). The following day, preheat oven to 350°F. In a medium-sized bowl, combine the sugar, nuts, and cinnamon. Sprinkle about ⅕ of the sugar-nut mixture onto a clean pastry cloth, smooth dish towel, or smooth surface. Lightly flour a rolling pin; break off about ⅕ of the dough. Place dough on the sugar-nut mixture and roll it out (to about ⅛" to ¼" thickness) to form a circle. Spread about 2 tablespoons jelly and about ¼ cup raisins over rolled dough. Cut dough into small pie slice-shaped pieces (about 12 to 14 pieces) and roll up each piece from the outside to the center. Place rolls, seam-side down, on a cookie sheet that has been coated with nonstick vegetable spray. Repeat process, placing more sugar-nut mixture on your smooth surface each time before rolling out dough into circles, covering each dough circle with the jelly and raisins. Bake for about 30 minutes or until bottoms turn golden brown.

NOTE: You can leave out the raisins, if you prefer, but the flavor and texture are best with them.

Hodgepodge

Don't forget these! Here are those little items that I couldn't quite fit anywhere else. They fit into so many places and I use them so often that I want to be sure we can get to them fast!

So, definitely keep them in mind. They're the throw-together specials that elevate the ho-hum to something novel and exciting. Mama never hesitated, she always had something eyebrow-raising on the counter or table. Here are a few of the easy ones and wherever they fit is where you're sure to enjoy them.

Strawberry Freezer Jam 279
Peach Freezer Jam 280
Raspberry-Strawberry Freezer Jam 280
Easy Cheese Soufflé 281
Horseradish French Dressing 282
Easy Cajun Seasoning Blend 283
Melted Provolone in Tomato Sauce 284
Easy Caesar Dressing 285
Blintz Soufflé 286
Lemonade Base 287
Sunshine Banana Smoothie 288
Italian Frittata 289
French Farmhouse Dressing 290
Pancake Treats Italia 291

Freezer Jam

What could be better than enjoying fresh berries year 'round? With Freezer Jam you can! Stock up on fresh extras when you can so you'll always have the heart-of-the-season taste at your fingertips. And you don't have to go through all the time, work, and mess of regular canning. Believe me, this is a lot easier.

Strawberry Freezer Jam

about 4½ cups

- 2 cups crushed fresh strawberries (about 4 cups sliced berries)
- 4 cups sugar
- 1 pouch (3 fluid ounces) liquid fruit pectin
- 2 tablespoons fresh lemon juice

In a large bowl, combine the strawberries and sugar; mix well. Let stand for 10 minutes. In a small bowl, combine the pectin and lemon juice; pour over strawberries. Stir thoroughly for 3 minutes (a few sugar crystals will remain). Spoon mixture into plastic containers; cover. Let stand at room temperature for 24 hours. Store in freezer.

Peach Freezer Jam

about 4 cups

2 cups pared, crushed fresh peaches (about 2 pounds)
3¼ cups sugar
1 pouch (3 fluid ounces) liquid pectin
3 tablespoons fresh lemon juice

In a large bowl, combine the peaches and sugar; mix well. Let stand for 10 minutes. In a small bowl, combine the pectin and lemon juice; pour over peaches. Stir thoroughly for 3 minutes (a few sugar crystals will remain). Spoon mixture into plastic containers; cover. Let stand at room temperature for 24 hours. Store in freezer.

Raspberry-Strawberry Freezer Jam

about 4 cups

1 cup crushed fresh raspberries (about 2 cups whole berries)
1 cup crushed fresh strawberries (about 2 cups whole berries)
4 cups sugar
1 pouch (3 fluid ounces) liquid fruit pectin
2 tablespoons fresh lemon juice

In a large bowl, combine the raspberries, strawberries, and sugar; mix well. Let stand for 10 minutes. In a small bowl, combine the pectin and lemon juice; pour over berries. Stir thoroughly for 3 minutes (a few sugar crystals will remain). Spoon mixture into plastic containers; cover. Let stand at room temperature for 24 hours. Store in freezer.

NOTE: Small amounts of jam can be stored in the refrigerator, covered, for 2 to 3 weeks.

Easy Cheese Soufflé

4 main-dish or 6 to 8 side-dish servings

I know what you're thinking. A soufflé is too delicate, too touchy, too much of a pain in the neck to prepare. Well, not this one! Here's a sneaky way to make a cheese soufflé without all the work.

4 eggs
3 cups milk
Dash cayenne pepper
½ teaspoon dry mustard
Salt to taste
Black pepper to taste
6 white bread slices, crusts removed and slices cut in half diagonally
4 cups (16 ounces) grated Cheddar cheese

Preheat oven to 400°F. Grease a 2-quart soufflé or baking dish (with 4-inch sides). In a mixing bowl, thoroughly beat together the eggs, milk, cayenne pepper, dry mustard, salt, and black pepper. Line bottom of baking dish with 4 bread halves. Sprinkle with one-third of the cheese and pour one-third of the milk mixture on top; press down. Repeat layers twice. Press everything down lightly to saturate the bread. Bake for about 45 minutes or until brown and bubbly and knife inserted through the center shows that the bottom is set.

NOTE: For a creamier dish, prepare it ahead several hours or the morning before serving and refrigerate; then bake just before serving. (It may take 10 to 15 minutes longer to cook after being stored in the refrigerator.) You can also add 2 thickly sliced tomatoes, cooked broccoli, asparagus, green beans, or leftover ham or chicken to vary this dish a bit. Just add meat or vegetables on top of the bread-cheese-milk layers and press down. Repeat sequence twice, ending with meat or vegetables.

Melted Provolone in Tomato Sauce

4 servings

In the mood for a light meal but don't know what to fix? Want it to be something easy? No problem!

- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 can (15 ounces) crushed tomatoes
- ¼ teaspoon dried oregano
- ½ teaspoon dried basil
- Salt to taste
- Pepper to taste
- 1 pound (4 thick slices) Provolone cheese

In a large skillet, heat the olive oil until moderately hot; sauté the garlic for a few seconds. Add the tomatoes, oregano, basil, salt, and pepper. Reduce heat and simmer for about 15 minutes, stirring occasionally. Cut cheese slices in half and arrange over tomatoes; cover and cook over low heat until cheese begins to melt, about 4 minutes.

NOTE: Serve with a fresh garden salad and crisp Italian bread. Serve over pasta for a hearty meal. You can substitute Italian seasoning or thyme for the basil and you can save time by using bottled garlic instead of fresh. I also like to add a teaspoon of sugar for flavor variety.

Easy Caesar Dressing

about 4 cups

Who's got time to make Caesar Salad with today's busy schedules? You do, with this easy shortcut right at your fingertips in the fridge, and definitely keep it in the fridge.

- 2 cups olive or vegetable oil
- 1 tablespoon fresh lemon juice
- ½ cup red wine vinegar
- 4 garlic cloves, crushed
- 1 can (2 ounces) anchovies, drained
- 2 teaspoons prepared mustard
- 4 raw egg yolks
- 1 teaspoon Worcestershire sauce
- 1 cup grated Parmesan cheese
- 1 shake hot pepper sauce (optional)

In a blender jar, combine all ingredients and blend until smooth. As with any dish containing raw eggs, be sure to store dressing in the refrigerator until ready to use.

NOTE: I sometimes use a little more wine vinegar instead of adding the lemon juice and if I don't have anchovies on hand I substitute ½ can of chunk-style tuna and ¼ teaspoon salt for the anchovies. Everything works! This dressing is thick, so you can also use it as a veggie dip. If you have any concern over using a recipe containing raw eggs, then skip this one.

Blintz Soufflé

6 to 8 servings

A meal in itself or a wonderful homey touch to any other meal. Boy, will this ever bring back memories of Mama and Sunday mornings!

- 12 cheese blintzes (2 15-ounce boxes frozen blintzes, thawed)
- 6 eggs, beaten
- 1 container (16 ounces) sour cream
- ½ cup sugar
- 1½ teaspoons vanilla extract
- 2 tablespoons butter or margarine, melted

Preheat oven to 350°F. Coat a 9-inch square glass baking dish with nonstick vegetable spray. Lay blintzes out in baking dish and set aside. In a large bowl, beat together the eggs, sour cream, sugar, and vanilla extract. Pour mixture over blintzes, then drizzle melted butter over top. Bake for 1 hour, until golden.

Italian Frittata

about 8 servings

Here's a great brunch idea. It'll look like you fussed but you'll know you didn't! This was always a ready-to-go snack in every Italian kitchen, and, boy, it never had the exact same things in it twice. Whatever was in the fridge went into the frittata.

- ¾ cup chopped onion
- ¾ cup chopped green bell pepper
- 8 eggs, beaten
- ¼ cup (1 ounce) grated Cheddar cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- 1 to 2 tablespoons butter or margarine
- Grated Parmesan cheese (optional)

In a large bowl, mix together the onion, green pepper, eggs, Cheddar cheese, salt, black pepper, oregano, and basil. In a large nonstick skillet, melt butter; pour onion-green pepper mixture into hot skillet. Turn heat to medium-low, cover, and cook until mixture is solid, about 30 minutes. Turn out of skillet and cut into serving-sized portions. Sprinkle with Parmesan cheese before serving, if desired.

French Farmhouse Dressing

about 3½ cups

At the old French farmhouses the Mamas used to blend their dressings with a whisk, but today the blender makes it easier and less time-consuming. This is so much better than store-bought dressing, and so much less money, too.

- 1 can (10¾ ounces) tomato soup
- 1 cup vegetable oil
- ¾ cup cider vinegar
- ½ medium onion, grated
- ¼ cup sugar
- 1 garlic clove, crushed
- 1 tablespoon Dijon mustard
- 1 tablespoon horseradish (optional)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon pepper

In a large bowl, combine all ingredients; mix well. (You can use a blender if you want, but it works just as well by hand.)

NOTE: Serve this sweet-and-sour dressing on your regular salad greens, spinach, or tomatoes—whatever.

Pancake Treats Italia

18 to 20 pancakes

These light little pancakes pack a whole lot of good–good tasting, good looking, good making. And they're perfect for dessert, brunch, or a special snack treat.

- 2 eggs
- 1 cup (8 ounces) ricotta cheese
- ½ cup all-purpose flour
- Grated peel of ½ lime
- Grated peel of ½ orange
- 2 tablespoons butter or margarine, melted
- ⅛ teaspoon salt
- ¼ teaspoon vanilla extract
- 2 teaspoons sugar
- Vegetable oil for frying

In a large mixing bowl, beat the eggs. Gradually stir in the ricotta cheese, then the flour. Combine the grated lime and orange peels, then blend them into the ricotta mixture with the remaining ingredients, except the oil. In a large skillet, heat the oil; drop the mixture by tablespoonsful into the hot oil. Brown pancakes on both sides, then drain on paper towels.

NOTE: These are really meant to be served with confectioners' sugar or warm honey.

Index

All-in-one burger, 103
Ambrosia, summer, 267
Appetizers, 1–22
  cheese and crab dip, 4
  cheesy onion puffs, 10
  chicken Carib, 85
  chicken puffs, 20
  chicken "spareribs," 75
  Danish blue cheese spread, 13
  easy seafood dip, 21
  eggplant, 7
  French pickled mushrooms, 14
  lobster dip, 11
  not-fried eggplant, 6
  Parmesan pita triangles, 22
  potato magics, 148
  really Italian bread, 16
  San Antonio wings, 3
  shrimp dip, 8
  smoked salmon pâté, 18
  Spanish cheese tarts, 19
  sweet-and-hot dip, 5
  sweet-and-sour meatballs, 17
  tarragon dip, 15
  Texas quick dip, 12
  Tex-Mex dip, 9
Apple(s):
  bread, fresh, 218
  cinnamon muffins, fresh, 216
  glaze, 245
  in health salad, 198
  honey chops, 125
  seasoning combination for, xx
  spice custard cake, 255
  in syrup, 259
Armenian:
  garlic-braised lamb shanks, 106
  holiday pilaf, 154
Artichoke hearts, in California casserole, 208
Asparagus:
  casserole, chopped, 205
  in easy cheese soufflé, 281
Avocados:
  southwest chicken with, 72
  in Tex-Mex dip, 9

Bake(d):
  cranberry sauce, 33
  fish, cheesy, 139
  fish, Parmesan, 131
  green bean, 194
  turkey breast, cider-, 90
  vegetable cheese, 185
  ziti, better, 166
Banana(s):
  date bread, 217
  pineapple bread, Hawaiian, 225
  seasoning combination for, xx
  smoothie, sunshine, 288
  in soda-fountain special, 230
  Split, Tastes Like ("T.L.B.S."), 239
  in summer ambrosia, 267
  yam pudding, 256
Barbecued steak strips, 114
Barbecue sauce, my own, 31
Barley mushroom soup, easy, 47
Basil, xvi

Bean(s):
chili, 48
skillet, 186
soup, Mexican, 46
"Béarnaise" sauce, really shortcut, 25
Beef:
Armenian holiday pilaf for, 154
cubes, marinade for, xxi
easy Cajun seasoning blend for, 283
Mexican pot roast, 115
in one-pot "whatever," 104
timetable for roasting of, 94–95
seasoning combinations for, xviii
short ribs, one-pot, 112
see also Steak
Beef, ground:
in all-in-one burger, 103
in chuck wagon buns, 123
in Mexican meat loaf, 107
in Middle Eastern meat sauce, 27
Salisbury steak, 120
in Spanish rice, 149
stuffed potatoes, exotic, 117
in taco casserole, 105
vegetable chili, 127
Beef brisket:
not-your-regular, 113
Texas-style, 118
Belgian sprouts, 203
Bell peppers, green:
celery chowchow, fresh, 26
in fast fried rice, 160
in garden loaf, 193
hash, 189
in lemon rice, 150
in peppered lamb shanks, 122
steak stir-fry, 111
Bell peppers, red:
celery chowchow, fresh, 26
hash, 189
in peppered lamb shanks, 122
roasted, and pasta, 180
Bell peppers, yellow, in peppered lamb shanks, 122
Berries:
fresh, zabaglione tarts with, 269
see also specific types of berries
Best cookie ever, 247
Better baked ziti, 166
Black-eyed peas:
in "remember" chicken, 68
skillet, 186
Blintz soufflé, 286
Blueberry(ies):
fresh, zabaglione tarts with, 269
muffins, 221
soup, easy, 54
in summer ambrosia, 267
Blue cheese spread, Danish, 13
Bologna, in quick homemade macaroni and cheese, 167
Braised lamb shanks, "mixed-up" garlic-, 106
Breads, 211–226
banana date, 217
cheese, 219
chocolate zucchini, 214
cranberry, 218
date nut, 223
fresh apple, 218
garlic, one-pot "whatever" over, 104
Hawaiian pineapple banana, 225
holiday corn, 220
holiday quick, 218
quick, 215
"quickie" garlic, 224
really Italian, 16
slow-cookin' chicken with, 91
Texas corn, 222
Brisket:
not-your-regular, 113
Texas-style, 118
Broccoli:
Belgian, 203
casserole, 190
chopped, casserole, 205
in easy cheese soufflé, 281
in easy turkey divan, 74
in fast fried rice, 160

Italiano, 195
in pasta Pedro, 165
seasoning combination for, xix
in throw-together salad, 209
ziti with, 168
Brownie(s):
fudgy, 237
mix, microwave, 251, 252
sin, 258
Brussels sprouts, Belgian, 203
Buns:
chuck wagon, 123
toasted, turkey Joes on, 83
Burgers:
all-in-one, 103
my own sausage, 66
Oriental pork, 119
Buttermilk fried fish, 133

Cabbage:
country coleslaw, 199
purple, in health salad, 198
seasoning combination for, xix
soup, Scandinavian, 52
Cacciatore, chicken, 89
Caesar dressing, easy, 285
Cajun:
rice, 158
seasoning blend, easy, 283
Cakes:
apple spice custard, 255
chocolate chocolate chip, 249
Depression, 271
dump, 233
easy coffee, 273
fruit cocktail, 229
holiday honey, 272
microwave chocolate, 252
mix, microwave, 251, 252
strawberries Romanoff, 235
wacky, 263
white on white, 243
California casserole, 208
Candy, Irish potato, 265
Cannoli filling, 270
Caribbean:
chicken, 85
steak, 110
Carpaccio sauce, 32
Carrots:
in garden loaf, 193
seasoning combination for, xix
Casseroles:
broccoli, 190
California, 208
chopped broccoli, 205
green bean bake, 194
onion cheese, 196
orzo, 176
scalloped seafood, 135
taco, 105
Catfish, cheesy baked, 139
Cauliflower:
Belgian, 203
in throw-together salad, 209
Celery:
bell pepper chowchow, fresh, 26
in garden loaf, 193
Central American cheese tarts, 19
Charts, fresh herb, xvi–xvii
Cheese:
baked fish, 139
bread, 219
-cake, easiest ever, 248
in cannoli filling, 270
chicken, 67
in chicken Dijon, 92
in company potatoes, 157
and crab dip, 4
Danish blue, spread, 13
dill sauce, 35
in easy turkey divan, 74
in Italian frittata, 289
melted provolone in tomato sauce, 284
noodles Italian style, 172
in not-fried eggplant, 6
onion casserole, 196
onion puffs, 10
in pancake treats Italia, 291
pie, impossible, 261

Cheese *(continued)*
quick homemade macaroni and, 167
soufflé, easy, 281
southwestern chowder, 43
tarts, Spanish, 19
three-, potatoes, 147
vegetable bake, 185
see also Cream cheese; Parmesan cheese
Cheese crackers, and chicken, 67
Cherry sour cream tortes, 260
Chicken, 57–58
Armenian holiday pilaf for, 154
in broccoli casserole, 190
cacciatore, 89
Carib, 85
country-fried, 108
dill sauce for, 34
easy Cajun seasoning blend for, 283
in easy cheese soufflé, 281
farm, 78
in fast fried rice, 160
five-minute, 81
garlic sauce for, 30
in green bean bake, 194
hash, 70
holiday, 80
lemon rice for, 150
Marsala, 124
in meatball soup, 51
my own barbecue sauce for, 31
Olympics, 64
in onion cheese casserole, 196
in pasta Pedro, 165
in plate of pasta, 179
Portuguese sauce for, 36
puffs, 20
"remember," 68
San Antonio wings, 3
sesame noodles with, 177
in skillet stew, 76
slow-cookin', 91
"spareribs," 75
tandoori, 88
timetable for roasting of, 59
Chicken breasts:
on cheese bread, 219
cheesy, 67
with chunky sauce, 73
crunchy, 65
cucumber sauce for, 73
Dijon, 92
fast, 79
marinade for, xxi
nice-crust, 71
Parmesan, 77
President's, 63
Southwest, 72
stuffed, 84
and sunshine, 86
sweet-'n'-saucy, 87
very ritzy Italian, 62
in "white hat" chili, 82
Chili:
bean, 48
vegetable beef, 127
"white hat," 82
Chilled strawberry soup, 56
Chinese:
egg drop soup, 49
fast fried rice, 160
ginger fish fillets, 134
pepper steak stir-fry, 111
shortcut won ton soup, 50
sweet-and-sour pork chops, 102
see also Oriental
Chives, xvi
Chocolate:
cake, microwave, 252
chocolate chip cake, 249
cupcakes, microwave, 253
frosting, whipped, 264
zucchini bread, 214
Chocolate chips:
cake, 249
cookies, 247
Chopped broccoli casserole, 205
Chowchow, fresh bell pepper–celery, 26
Chowders, 39–43
coastline, 42
Creole fish, 41
southwestern, 43
Chuck wagon buns, 123
Cider-baked turkey breast, 90
Cilantro, xvi
Cinnamon apple muffins, fresh, 216
Clams, in plate of pasta, 179
Coastline chowder, 42
Cocktail cake, fruit, 229
Coffee, black, in holiday honey cake, 272
Coffee cake, easy, 273
Coleslaw, country, 199
Company potatoes, 157
Cookie(s):
best ever, 247
chocolate chip, 247
genets, 268
pie, 250
sundae, peach, 246
Coriander, xvi
Corn:
fritters, easy, 197
pudding, Sunday night, 202
and salmon, scalloped, 137
seasoning combination for, xix
Corn bread:
holiday, 220
Texas, 222
Corn muffins, mighty, 213
Cottage cheese, in three-cheese potatoes, 147
Country coleslaw, 199
Country-fried steak, 108
Crab:
and cheese dip, 4
dips, 8, 11
in easy seafood dip, 21
in scalloped seafood casserole, 135
in seashore fettuccine, 173
Crackers, cheese:
baked fish with, 139
chicken with, 67
Cranberry(ies):
bread, 218
muffins, 226
sauce, baked, 33
seasoning combination for, xx
Cream cheese:
in Danish blue cheese spread, 13
icing, 274
in Irish potato candy, 265
pie, impossible, 261
sweet-and-hot dip, 5
Creamy Italian pasta salad, 170
Creole fish chowder, 41
Crispy onion rings, 188
Crunchy chicken, 65
Cucumber(s):
garlic sauce over, 30
salad, every Mama's favorite, 207
sauce, chunky, chicken with, 73
in summer picnic salad, 192
Cupcakes:
microwave chocolate, 253
mix, microwave, 251, 253
Custard cake, apple spice, 255

Danish blue cheese spread, 13
Date:
banana bread, 217
nut bread, 223
Depression cake, 271
Desserts, 227–275
apples in syrup, 259
apple spice custard cake, 255
best cookie ever, 247
brownie sin, 258
cannoli filling, 270
cherry sour cream tortes, 260
chocolate chocolate chip cake, 249
cookie pie, 250
cream cheese icing, 274
Depression cake, 271
dump cake, 233
easiest cheesecake ever, 248
easy coffee cake, 273
easy lemon mousse, 236
fruit cocktail cake, 229
fudgy brownies, 237
genets, 268

Desserts *(continued)*
glow tarts, 245
holiday honey cake, 272
impossible cheese pie, 261
impossible pumpkin pie, 242
Irish potato candy, 265
microwave brownie/cake/cupcake mix, 251
microwave brownies, 252
microwave chocolate cake, 252
microwave chocolate cupcakes, 253
mint cream pie, 254
new sweet potato pie, 257
peach cookie sundae, 246
pineapple pudding, 232
pumpkin pie pudding, 241
pumpkin squares, 240
raisin nut pie, 231
rugelach, 275
soda-fountain special, 230
strawberries Romanoff, 234
strawberries Romanoff cake, 235
summer ambrosia, 267
tapioca pudding, 244
"T.L.B.S." (Tastes Like Banana Split), 239
tres leches, 266
two-minute Hawaiian pie, 262
two-tone holiday pie, 238
wacky cake, 263
whipped chocolate frosting, 264
white on white cake, 243
yam banana pudding, 256
zabaglione tarts with fresh berries, 269
Dijon honey chops, 109
Dill, xvi
cheesy sauce, 35
sauce, 34
Dips:
cheese and crab, 4
crab, 8, 11
easy seafood, 21
lobster, 11
shrimp, 8
sweet-and-hot, 5
tarragon, 15
Texas quick, 12
Tex-Mex, 9
Dressings, *see* Salad dressings
Dump cake, 233

Easiest cheesecake ever, 248
Egg(s):
in blintz soufflé, 286
in easy cheese soufflé, 281
in Italian frittata, 289
scrambled, in fast fried rice, 160
yolks, in garlic sauce, 30
Egg drop soup, 49
Eggplant:
appetizer, 7
not-fried, 6
in veggies Roma, 191
Equivalents and substitutions, xxii–xxiii
Every Mama's favorite cucumber salad, 207
Exotic lamb-stuffed potatoes, 117

Fajitas, 126
Farm chicken, 78
Fast chicken, 79
Fast fried rice, 160
Fettuccine:
Pedro, 165
seashore, 173
Filling, cannoli, 270
Fish, 129–142
cakes, 138
cucumber sauce for, 73
dill sauces for, 34–35
garlic sauce for, 30
lemon rice for, 150
marinade for, xxi
in onion cheese casserole, 196
Portuguese sauce for, 36
seasoning combinations for, xviii
Fish chowder:
coastline, 42
Creole, 41
Fish fillets:
buttermilk fried, 133
cakes, 138
cheesy baked, 139
Chinese ginger, 134
French style, 136
grilled, 141
Key West, 140
Parmesan baked, 131
stuffed sole, 142
very fancy, 132
Five-minute chicken, 81
Freezer jam, 279–280
peach, 280
raspberry-strawberry, 280
strawberry, 279
French:
dressing, horseradish, 282
fancy rice, easy, 145
farmhouse dressing, 290
fry crispy, 159
gravy mix, 28
pickled mushrooms, 14
roasted potatoes, 153
style fish, 136
Fresh:
apple bread, 218
apple cinnamon muffins, 216
bell pepper–celery chowchow, 26
herb chart, xvi–xvii
Fried:
fish, buttermilk, 133
rice, fast, 160
steak, country-, 108
Frittata, Italian, 289
Fritters, easy corn, 197
Frosting:
for genets, 268
whipped chocolate, 264
Fruit(s):
cocktail cake, 229
seasoning combinations for, xx
soup, tropical, 55
Fudgy brownies, 237
Garbanzo beans, skillet, 186
Garden:
loaf, 193
pasta, 174
tomato soup, 44
Garlic:
braised lamb shanks, "mixed-up," 106
honey pork chops, grilled, 116
roasted potatoes, 161
sauce, 30
Garlic bread:
one-pot "whatever" over, 104
"quickie," 224
shrimp dip on, 8
Genets, 268
Ginger fish fillets, Chinese, 134
Glaze, apple, 245
Glow tarts, 245
Gravy, easy, 28
Green bean(s):
bake, 194
in easy cheese soufflé, 281
seasoning combination for, xix
Grilled:
fish, 141
honey-garlic pork chops, 116
steak, summer, 128
Ground beef, *see* Beef, ground
Ground lamb, in exotic stuffed potatoes, 117
Ground pork:
burgers, Oriental, 119
in Mexican meat loaf, 107
Ground turkey, *see* Turkey, ground
Ground veal:
in Mexican meat loaf, 107
in Spanish rice, 149

Ham:
in easy cheese soufflé, 281
in fast fried rice, 160
Hamburgers:
on cheese bread, 219
country-fried, 108
onion-crusted, 101

Hash:
bell pepper, 189
chicken, 70
Hash brown potatoes, 156
Hawaiian:
pie, two-minute, 262
pineapple banana bread, 225
Health salad, 198
Herb chart, fresh, xvi–xvii
Herbed vegetable medley, 200
Hodgepodge, 277–291
blintz soufflé, 286
easy Caesar dressing, 285
easy Cajun seasoning blend, 283
easy cheese soufflé, 281
French farmhouse dressing, 290
horseradish French dressing, 282
Italian frittata, 289
lemonade base, 287
melted provolone in tomato sauce, 284
pancake treats Italia, 291
peach freezer jam, 280
raspberry-strawberry freezer jam, 280
strawberry freezer jam, 279
sunshine banana smoothie, 288
Holiday:
corn bread, 220
honey cake, 272
quick bread, 218
Homemade macaroni and cheese, quick, 167
Honey:
apple chops, 125
cake, holiday, 272
Dijon chops, 109
garlic pork chops, grilled, 116
Hors d'oeuvres, *see* Appetizers
Horseradish French dressing, 282
Hot dog(s):
in easy mushroom barley soup, 47
sauce, old-time, 37
Ice cream:
chocolate chocolate chip cake with, 249
dump cake with, 233
peach cookie sundae, 246
pie, 230
in rugelach, 275
Icing, cream cheese, 274
Impossible cheese pie, 261
Impossible pumpkin pie, 242
Indian tandoori chicken, 88
Irish potato candy, 265
Italian:
bread, really, 16
broccoli, 195
cannoli filling, 270
cheese tarts, 19
cheesy noodles, 172
chicken, very ritzy, 62
chicken cacciatore, 89
cookies, 268
eggplant appetizer, 7
frittata, 289
garlic-braised lamb shanks, 106
gravy mix, 28
lasagna, 182
meat sauce, 27
pancake treats, 291
pasta salad, creamy, 170
rice, quick, 152
roasted peppers and pasta, 180
stuffed shells, 181
veggies Roma, 191

Jalapeño bean dip, in Tex-Mex dip, 9
Jam, freezer, *see* Freezer jam
Jamaican steak, 110

Key West fillets, 140
Kiwi fruit, seasoning combination for, xx
Kluski, noodles Pennsylvania Dutch, 171
Kugel, noodle (pudding), 178

Lamb:
chops, onion-crusted, 101
easy spring, 121
ground, in exotic stuffed potatoes, 117
timetable for roasting of, 97
Lamb shanks:
"mixed-up" garlic-braised, 106
peppered, 122
Lasagna, Tex-Mex, 182
Lemon:
mousse, easy, 236
rice, 150
Lemonade base, 287
Light beef stroganoff, 100
Lime mousse, easy, 236
Lobster dip, 11
Low-sodium dishes, seasoning tips for, xx
Lyonnaise potatoes, 162

Macaroni:
and cheese, quick homemade, 167
salad, Reuben, 169
Mama's harvest pudding, 146
Mangoes, in summer ambrosia, 267
Maple-glazed sweet potatoes, Vermont, 155
Marinades:
for beef, chicken, fish, and pork, xxi
for grilled honey-garlic pork chops, 116
for grilled pork chops, 125
for herbed vegetable medley, 200
for summer grilled steak, 128
Marjoram, xvi
Marsala, veal, 124
Mashed potato pancakes, 151
Measures, quick, xxii–xxiii
Meatball(s):
soup, 51
sweet-and-sour, 17
Meat loaf, Mexican, 107
Meats, 93–128
in bean chili, 48
lemon rice for, 150
marinades for, xxi
in onion cheese casserole, 196
sauce, Middle Eastern, 27
sauces for, *see* Sauces
seasoning combinations for, xix
see also specific types of meats
Mediterranean:
garlic-braised lamb shanks, 106
pepper steak stir-fry, 111
skillet stew, 76
Melted provolone in tomato sauce, 284
Mexican:
bean soup, 46
cheese tarts, 19
meat loaf, 107
pepper steak stir-fry, 111
pot roast, 115
Microwave:
brownie/cake/cupcake mix, 251–253
brownies, 252
chocolate cake, 252
chocolate cupcakes, 253
easy turkey divan, 74
Middle Eastern meat sauce, 27
Mighty muffins, 213
Mincemeat and pumpkin pie, 238
Mint, xvi
cream pie, 254
"Mixed-up" garlic-braised lamb shanks, 106
Mousse, easy lemon, 236
Muffins, 211–226
blueberry, 221
cranberry, 226
fresh apple cinnamon, 216
mighty, 213
Mushroom(s):
barley soup, easy, 47
in easy turkey divan, 74
French pickled, 14
in one-pot "whatever," 104
Mustard-topped turkey cutlets, 69

My own barbecue sauce, 31
My own sausage burgers, 66

Nectarines, in summer ambrosia, 267
New sweet potato pie, 257
Nice-crust chicken, 71
Noah's squash, 187
Noodle(s):
  barbecued steak strips over, 114
  cheesy, Italian style, 172
  farm chicken with, 78
  fried, pepper steak stir-fry over, 111
  garden, 174
  kugel (pudding), 178
  light beef stroganoff over, 100
  Mexican pot roast with, 115
  one-pot "whatever" over, 104
  in pasta Pedro, 165
  Pennsylvania Dutch kluski, 171
  President's chicken over, 63
  seashore, 173
  sesame, 177
  slow-cookin' chicken over, 91
  sweet-'n'-saucy chicken over, 87
  Tex-Mex lasagna, 182
  wide egg, in Armenian holiday pilaf, 154
  see also Pasta
Not-fried eggplant, 6
Not-your-regular brisket, 113
Nut:
  date bread, 223
  raisin pie, 231

Old-time hot dog sauce, 37
Olympics chicken, 64
One-pot:
  short ribs, 112
  "whatever," 104
Onion(s):
  cheese casserole, 196
  cheesy puffs, 10
  crusted steak, 101
  in garden loaf, 193
  lyonnaise potatoes and, 162
  rings, crispy, 188
  sweet, garlic sauce over, 30
  sweet, stir-fry, 201
Oranges, seasoning combination for, xx
Oregano, xvii
Oriental:
  chicken, 64
  pepper steak stir-fry, 111
  pork burgers, 119
  sesame noodles, 177
  skillet stew, 76
  see also Chinese
Orzo casserole, 176

Pancake(s):
  mashed potato, 151
  treats Italia, 291
Parmesan cheese:
  baked fish, 131
  chicken, 77
  dill sauce, 35
  in easy Caesar dressing, 285
  noodles Italian style, 172
  in not-fried eggplant, 6
  pita triangles, 22
Pasta, 163–182
  better baked ziti, 166
  cheesy noodles Italian style, 172
  chicken cacciatore over, 89
  easy, with veggies, 175
  fish French style with, 136
  garden, 174
  Middle Eastern meat sauce over, 27
  noodle kugel (pudding), 178
  noodles Pennsylvania Dutch kluski, 171
  orzo casserole, 176
  Pedro, 165
  plate of, 179
  quick homemade macaroni and cheese, 167
  Reuben macaroni salad, 169
  roasted peppers and, 180
  salad, creamy Italian, 170
  seashore fettuccine, 173
  seasoning combinations for, xix
  sesame noodles, 177
  slow-cookin' chicken over, 91
  Spanish sauce for, 29
  stuffed shells, 181
  Tex-Mex lasagna, 182
  very ritzy Italian chicken over, 62
  ziti with broccoli, 168
Pâté, smoked salmon, 18
Peach(es):
  cookie sundae, 246
  freezer jam, 280
  seasoning combination for, xx
  in summer ambrosia, 267
Pears, seasoning combination for, xx
Peas, seasoning combination for, xix
Pecans:
  in crunchy chicken, 65
  in easy coffee cake, 273
Pennsylvania Dutch:
  chowchow, 26
  grilled honey-garlic pork chops, 116
  kluski noodles, 171
Peppered lamb shanks, 122
Pepperoni:
  in pasta Pedro, 165
  in plate of pasta, 179
  in quick homemade macaroni and cheese, 167
Peppers, *see* Bell peppers, green; Bell peppers, red
Pepper steak stir-fry, 111
Pickled mushrooms, French, 14
Pies:
  cookie, 250
  easiest cheesecake ever, 248
  ice cream, 230
  impossible cheese, 261
  impossible pumpkin, 242
  mint cream, 254
  new sweet potato, 257
  raisin nut, 231
  two-minute Hawaiian, 262
  two-tone holiday, 238
Pilaf, Armenian holiday, 154
Pineapple:
  banana bread, Hawaiian, 225
  pudding, 232
  in two-minute Hawaiian pie, 262
Pita triangles, Parmesan, 22
Plate of pasta, 179
Plums, in summer ambrosia, 267
Pork:
  crunchy, 65
  onion-crusted, 101
  seasoning combinations for, xviii
  timetable for roasting of, 98–99
Pork, ground:
  burgers, Oriental, 119
  in Mexican meat loaf, 107
Pork chops:
  Dijon honey, 109
  grilled honey-garlic, 116
  honey apple, 125
  marinade for, xxi
  sweet-and-sour, 102
Portuguese:
  cheese tarts, 19
  sauce, 36
Potato(es), 143–162
  company, 157
  easy Cajun seasoning blend for, 283
  exotic lamb-stuffed, 117
  farm chicken with, 78
  French fry crispy, 159
  French roasted, 153
  garlic roasted, 161
  hash brown, 156
  lyonnaise, 162
  magics, 148
  seasoning combinations for, xix
  soup, shortcut, 45
  southwestern chowder, 43
  three-cheese, 147
Potatoes, mashed:
  country-fried steak over, 108
  easy gravy for, 28
  pancakes, 151

Pot roast:
Mexican, 115
Texas-style, 118
Poultry:
sauces for, *see* Sauces
seasoning combinations for, xviii
see also Chicken; Turkey; Turkey, ground
President's chicken, 63
Provolone, melted, in tomato sauce, 284
Pudding:
Mama's harvest, 146
noodle kugel, 178
pineapple, 232
pumpkin pie, 241
Sunday night corn, 202
tapioca, 244
yam banana, 256
Puffs:
cheesy onion, 10
chicken, 20
potato magics, 148
Pumpkin:
and mincemeat pie, 238
pie, impossible, 242
pie pudding, 241
squares, 240

Quick bread, 215
holiday, 218
Quick dip, Texas, 12
Quick homemade macaroni and cheese, 167
"Quickie" garlic bread, 224
Quick Italian rice, 152
Quick measures, xxii–xxiii

Raisin(s):
golden, in health salad, 198
nut pie, 231
Raspberry(ies):
fresh, zabaglione tarts with, 269
jelly in rugelach, 275
strawberry freezer jam, 280
Really Italian bread, 16
Really shortcut "Béarnaise" sauce, 25
Relishes, 23
fresh bell pepper–celery chowchow, 26
"Remember" chicken, 68
Reuben macaroni salad, 169
Rice, 143–162
Armenian holiday pilaf, 154
barbecued steak strips over, 114
Cajun, 158
chicken Carib over, 85
chicken "spareribs" over, 75
easy French-fancy, 145
farm chicken with, 78
fast fried, 160
fish French style with, 136
lemon, 150
Mexican pot roast with, 115
Middle Eastern meat sauce over, 27
Olympics chicken with, 64
one-pot "whatever" over, 104
pepper steak stir-fry over, 111
President's chicken over, 63
quick Italian, 152
seasoning combinations for, xix
skillet stew over, 76
slow-cookin' chicken over, 91
Spanish, 149
sweet-and-sour pork chops over, 102
sweet-'n'-saucy chicken over, 87
"white hat" chili over, 82
Roasted:
peppers and pasta, 180
potatoes, French, 153
potatoes, garlic, 161
Roasting, timetables for:
chicken, 59
lamb, 97
large beef roasts, 94–95
pork, 98–99
veal, 95–96
whole turkey, 60–61

Rolls:
barbecued steak strips on, 114
Texas-style pot roast on, 118
Roma, veggies, 191
Rosemary, xvii
Rugelach, 275

Sage, xvii
Salad dressings:
cheesy dill sauce, 35
easy Caesar, 285
French farmhouse, 290
horseradish French, 282
sesame, 177
shrimp dip, 8
Salads:
creamy Italian pasta, 170
every Mama's favorite cucumber, 207
health, 198
herbed vegetable medley, 200
Reuben macaroni, 169
sesame noodles, 177
summer picnic, 192
throw-together, 209
Salisbury steak, 120
Salmon:
and corn, scalloped, 137
pâté, smoked, 18
San Antonio wings, 3
Sauces, 23–37
baked cranberry, 33
carpaccio, 32
cheesy dill, 35
for Chinese ginger fish fillets, 134
cucumber, 73
dill, 34
easy gravy, 28
garlic, 30
Middle Eastern meat, 27
my own barbecue, 31
old-time hot dog, 37
Portuguese, 36
for President's chicken, 63
really shortcut "Béarnaise," 25
for San Antonio wings, 3
Spanish, 29
for sweet-and-sour meatballs, 17
for Tex-Mex lasagna, 182
tomato, melted provolone in, 284
for vegetable cheese bake, 185
for very fancy fish, 132
Sausage:
in bean chili, 48
ground, easy, 121
in roasted peppers and pasta, 180
in Spanish cheese tarts, 19
Scalloped:
salmon and corn, 137
seafood casserole, 135
Scallops, in seashore fettuccine, 173
Scandinavian cabbage soup, 52
Seafood, 129
casserole, scalloped, 135
coastline chowder, 42
dip, easy, 21
easy Cajun seasoning blend for, 283
seasoning combinations for, xviii
Seashore fettuccine, 173
Seasoning:
blend, easy Cajun, 283
combinations, xviii–xx
low-sodium dishes, tips for, xx
Sesame noodles, 177
Shells, stuffed pasta, 181
Shortcut potato soup, 45
Shortcut won ton soup, 50
Short ribs, one-pot, 112
Shrimp:
dip, 8
in easy seafood dip, 21
in scalloped seafood casserole, 135
in seashore fettuccine, 173
Skillet:
beans, 186
stew, 76
Slow-cookin' chicken, 91
Smoked salmon pâté, 18
Smoothie, sunshine banana, 288
Soda-fountain special, 230

Sole fillets:
cakes, 138
grilled, 141
Key West, 140
Parmesan baked, 131
stuffed, 142
very fancy, 132
Soufflé:
blintz, 286
easy cheese, 281
Soups, 39–40, 44–56
bean chili, 48
chilled strawberry, 56
Chinese, 49–50
easy blueberry, 54
easy mushroom barley, 47
egg drop, 49
meatball, 51
Mexican bean, 46
Scandinavian cabbage, 52
shortcut potato, 45
shortcut won ton, 50
south-of-the-border party, 53
tropical fruit, 55
zesty tomato, 44
Sour cream cherry tortes, 260
South American cheese tarts, 19
South-of-the-border party soup, 53
Southwestern:
chicken, 72
chowder, 43
gravy mix, 28
Spanish:
cheese tarts, 19
rice, 149
sauce, 29
"Spareribs," chicken, 75
Spice apple custard cake, 255
Spinach:
in California casserole, 208
seasoning combination for, xix
Spread, Danish blue cheese, 13
Squares, pumpkin, 240
Squash, summer:
Noah's, 187
seasoning combinations for, xix
Squash, winter, seasoning combinations for, xix
Steak:
cheesy dill sauce for, 35
country-fried, 108
fajitas, 126
Jamaican, 110
marinade for, xxi
onion-crusted, 101
Portuguese sauce for, 36
Salisbury, 120
sesame noodles with, 177
stir-fry, pepper, 111
strips, barbecued, 114
stroganoff, light, 100
summer grilled, 128
Stew, skillet, 76
Stewed zucchini and tomatoes, 206
Stir-fry:
pepper steak, 111
sweet-'n'-saucy chicken, 87
sweet onion, 201
Strawberry(ies):
brownie sin, 258
freezer jam, 279
fresh, zabaglione tarts with, 269
raspberry freezer jam, 280
Romanoff, 234
Romanoff cake, 235
seasoning combination for, xx
soup, chilled, 56
in sunshine banana smoothie, 288
Stuffed:
chicken breasts, 84
potatoes, exotic lamb-, 117
shells, 181
sole fillets, 142
tomatoes, 204
Substitutions and equivalents, xxii–xxiii
Summer:
ambrosia, 267
grilled steak, 128
picnic salad, 192
Summer squash:
Noah's, 187
seasoning combination for, xix

Sundae, peach cookie, 246
Sunday night corn pudding, 202
Sunshine banana smoothie, 288
Sweet-and-hot dip, 5
Sweet-and-sour:
dressing, French farmhouse, 290
meatballs, 17
pork chops, 102
Sweet-'n'-saucy chicken, 87
Sweet onion stir-fry, 201
Sweet potato(es):
in Mama's harvest pudding, 146
pie, new, 257
Vermont maple-glazed, 155
Syrup, apples in, 259

Taco casserole, 105
Tandoori chicken, 88
Tapioca pudding, 244
Tarragon, xvii
dip, 15
Tarts:
glow, 245
Spanish cheese, 19
zabaglione, with fresh berries, 269
Texas:
corn bread, 222
quick dip, 12
style pot roast, 118
Tex-Mex:
all-in-one burger, 103
dip, 9
lasagna, 182
pasta Pedro, 165
San Antonio wings, 3
shrimp dip, 8
south-of-the-border party soup, 53
taco casserole, 105
Three-cheese potatoes, 147
Three milks, 266
Throw-together salad, 209
Thyme, xvii
Timetables, roasting:
for chicken, 59
for lamb, 97
for large beef roasts, 94–95
for pork, 98–99
for veal, 95–96
for whole turkey, 60–61
"T.L.B.S." (Tastes Like Banana Split), 239
Tomato(es):
cherry, in summer picnic salad, 192
in easy cheese soufflé, 281
garlic sauce over, 30
"quickie" garlic bread with, 224
sauce, melted provolone in, 284
seasoning combination for, xix
soup, zesty, 44
stuffed, 204
and zucchini, stewed, 206
Tortes, cherry sour cream, 260
Tortillas, flour, with Southwest chicken, 72
Tres leches, 266
Triangles, Parmesan pita, 22
Tropical fruit soup, 55
Turkey, 57–58
Armenian pilaf for, 154
in broccoli casserole, 190
country-fried, 108
crunchy, 65
Dijon, 92
in green bean bake, 194
hash, 70
in skillet stew, 76
southwestern chowder, 43
timetable for roasting of, 60–61
Turkey, ground:
easy, 121
Joes, 83
in meatball soup, 51
in Mexican meat loaf, 107
in my own sausage burgers, 66
in Spanish rice, 149
stuffed potatoes, exotic, 117
in taco casserole, 105
Turkey breast(s):
cider-baked, 90
cutlets, mustard-topped, 69
divan, easy, 74

Turkey breast(s) *(continued)*
fast, 79
Marsala, 124
Two-minute Hawaiian pie, 262
Two-tone holiday pie, 238

Veal:
country-fried, 108
crunchy, 65
Marsala, 124
timetable for roasting of, 95–96
Veal, ground:
in Mexican meat loaf, 107
in Spanish rice, 149
Vegetable(s), 183–209
beef chili, 127
Belgian sprouts, 203
California casserole, 208
cheese bake, 185
chuck wagon buns with, 123
country coleslaw, 199
dill sauce for, 34
dips for, *see* Dips
easy Cajun seasoning blend for, 283
easy pasta with, 175
garden loaf, 193
garlic sauce for, 30
green bean bake, 194
health salad, 198
herbed, medley, 200
in meatball soup, 51
Noah's squash, 187
Roma, 191
seasoning combinations for, xix
skillet beans, 186
stewed zucchini and tomatoes, 206
summer picnic salad, 192
throw-together salad, 209
see also specific types of vegetables
Vermont maple-glazed sweet potatoes, 155
Very fancy fish, 132
Very ritzy Italian chicken, 62

Wacky cake, 263
Whipped chocolate frosting, 264
White beans, skillet, 186
"White hat" chili, 82
White on white cake, 243
Winter squash, seasoning combination for, xix
Won ton soup, 50

Yam banana pudding, 256

Zabaglione tarts with fresh berries, 269
Zesty tomato soup, 44
Ziti:
better baked, 166
with broccoli, 168
Zucchini:
chocolate bread, 214
in garden pasta, 174
in Noah's squash, 187
and tomatoes, stewed, 206

ABOUT THE AUTHOR

Art Ginsburg is best known as TV's lovable cooking celebrity, MR. FOOD®. His popular food news insert segment is the largest in the nation, seen in over 180 cities.

Twelve years ago Art became MR. FOOD® but long before that his life centered around food . . . and family. From running the family butcher shop to establishing the family catering business, Art has cultivated his many successes with his family by his side. Art's wife and three children all continue to work with him now in producing the MR. FOOD® television show, and his granddaughters appear to be Pop-Pop's three most enthusiastic fans.